

SECOND YEAR COOKERY

THE STOUT INSTITUTE
MENOMONIE, WISCONSIN

INTRODUCTION

The purpose of this pamphlet is to save time in the cookery classes by obviating the dictation and copying of recipes. This collection of recipes is for use in the classes of second year cookery in The Stout Institute. No originality is claimed for them. In no sense, do they constitute a complete cookbook, for the simpler and foundation recipes have been given in the work of the first year, issued in a previous bulletin. In the latter the directions were very detailed and specific, for class room use with beginning students; while in this, since one year of cookery is prerequisite, in order to avoid repetition, the directions are in most cases brief and with little detail.

Recipes are not arranged in order of their presentation in class, but in groups as breads, cakes, meats, salads, etc. The class work is arranged in three divisions, as follows:

1. Canning and preserving.
2. Planning, preparation and serving of meals.
3. Fancy cookery.

The canning and preserving is done in the fall. Large quantities are prepared for use in the school dormitory.

To the second division is given the most time and the chief emphasis. In this sequence the meal is the basis for the work. Short series of lessons on foods suitable for breakfasts, luncheons, suppers, dinners, are followed by the planning and serving of a meal. Throughout this sequence, lessons are given to review the fundamental theory and processes of manipulation by means of a unique plan of class work. Students are required to be prepared to demonstrate any part or all of the processes involved in the problems of the day, and to give directions and explanations for the same; in other words, to take charge of the class for such part of the lesson as the instructor may desire. The purpose of this plan is to enable students to acquire ease and self-confidence in presenting subject matter, and in demonstrating, for class or club work.

A limited number of lessons are devoted to the preparation and serving of banquets, class dinners, etc., in order to afford practice in the organization and management of similar affairs in the public schools.

The series on fancy cookery is brief and is intended to give students a knowledge of some of the more elaborate processes and the more unusual dishes in cookery.

D. A. KUGEL.

CANNING AND PRESERVING

GENERAL DIRECTIONS

I. Selection and preparation of utensils.

- A. Agateware kettles are best; agateware or wooden spoons; stoneware or agate bowls; agate colanders and funnels. Use silver knives in preparation of fruit, when possible.
- B. Select jars with fewest possible parts; those which are simple in construction, easily cleaned and filled; those which will not permit food to come in contact with metal. Examine carefully to see that jars are perfect.
- C. Use new rubbers of good quality, soft and elastic, but not too thick.
- D. Wash each jar carefully in warm soapy water, rinse, and place on a rack in boiler or large pan. Partly fill each jar with water, and invert in water. Heat slowly until water boils, and boil for ten or fifteen minutes. Do not remove a jar from the boiling water until the moment it is to be filled with food. Rubbers should be dipped in boiling water and adjusted before jars are filled.

II. Selection and preparation of fruits and vegetables.

- A. Select clean, firm, not over-ripe fruit or vegetables.
- B. Clean thoroughly, peel, pare or scrape as required, and remove bruised portions.
- C. Cover with cold water until ready to use.

III. Methods of canning.

- A. Stewing, best adapted for watery foods when concentration is desired; or for a rich, sweet fruit.
 1. Sterilize jars.
 2. Prepare fruit.
 3. Cook soft vegetables, e. g., tomatoes, 20 minutes. Cook fruits in syrup until tender. Steam tough fruits until tender; then cook in syrup.
 4. Proportion: To each quart of water use from one-fourth to one-third as much sugar, depending on acidity of fruit.
 5. Adjust rubber and fill the hot, sterile jars full to overflowing with boiling fruit or vegetable. Cover and seal, invert can, and let it stand until cool.
- B. Intermittent method of canning best adapted for vegetables and fruits not easily sterilized, when a natural flavor is desired.
 1. Prepare cans.
 2. Prepare fruit, and pack firmly to within one-half inch of top. Do not crush or otherwise injure soft fruits. Add sugar or salt as desired, and fill can full with clean cold water. Adjust covers, but do not seal. Place jars on a rack in boiler or kettle, add water to reach one-third height of jars, heat slowly to boiling, and boil 10 to 45 minutes, depending upon texture of fruit. When boiling, raise covers, fill jars with boiling water or syrup, adjust rubbers, seal, boil five minutes longer, and remove jars from kettle; cool slowly, and allow to stand for 24 hours. Repeat cooking as on first day. Remove, cool, and let stand another 24 hours. On the third day, reheat as before.
- C. Oven method of canning.
 1. Prepare jars.
 2. Prepare fruits and pack in jars as in intermittent method.
 3. Adjust covers, but do not seal.
 4. Set jars of fruit on asbestos board in oven, and cook slowly for 30 minutes. Cook vegetables, except tomatoes, for 3 hours.

5. Remove from oven, fill jars with boiling syrup or water, adjust rubbers and covers quickly, and seal.
- D. Cold Pack Method from Farmers' Bulletin 839, "Home Canning by the One-Period Cold Pack Method."

HOME CANNING BY THE ONE-PERIOD COLD PACK METHOD

STEPS IN CANNING

After the materials have been cleaned and put into the shape in which they are to be canned, and containers have been cleaned and tested, the canning procedure for most products by the one-period cold-pack method consists of five steps—scalding or blanching, cold-dipping, packing, processing, and sealing. In canning berries and all soft fruits the blanching is dispensed with.

The products to be canned are blanched or scalded usually by being placed in a cheesecloth bag or dipping basket into boiling water and allowed to remain there from 1 to 15 minutes, depending on the kind of product. In the case of greens and green vegetables, however, the scalding is accomplished most satisfactorily in steam, as volatile oils and other substances remain in the food under this treatment. Such products may be put into a colander, set over a vessel of boiling water and covered as tightly as possible. Better results may be obtained, however, by the use of a steam cooker.

As soon as the product is removed from the boiling water or steam it should be dipped into cold, clean water and immediately removed and drained for a few moments. The temperature of the water used for cold dipping should be as low as possible.

The product should be packed carefully into hot jars as soon as removed. In the case of fruits, boiling hot syrup or hot water is then added. In the case of vegetables, hot water usually is used and salt is added for seasoning. The scalded rubbers and tops of jars are put into place, the tops of cans sealed, and the containers are placed in a hot-water bath, pressure cooker, or other similar device for processing.

Processing is the final application of heat to sterilize the product and is continued for a period determined by the character of the product and the kind of apparatus used. The containers should be placed in the processing vessel as soon as they are filled.

Immediately after the termination of the processing period, while the products are still hot, glass and similar containers must be sealed.

Jars should then be placed in a tray upside down to cool and closely examined for leaks. If leakage occurs, the covers should be tightened until they are completely closed.

Tin cans may be cooled by plunging them in cold water. When the packed containers are thus cooled, they should be stored in a cool, dry place not exposed to freezing temperature. Most products packed in glass jars will bleach or darken if exposed to light. It is well, therefore, to wrap jars in paper. From time to time, especially during very hot weather, both glass jars and tin cans should be examined to make certain that there are no leaks, swellings, or other signs of fermentation.

For processing, home canners may choose from among several types of apparatus, according to their needs and means. The outfits in common use are of five general types:

EQUIPMENT NEEDED

1. HOMEMADE OUTFITS

Homemade outfits are constructed of such utensils as wash boilers, tin pails, milk cans, metal washtubs, and lard pails. Such canners should have well-fitting covers and false bottoms or lifting platforms of metal or wood. The latter

are to support jars or cans to prevent direct contact with heat and also to permit a free circulation of water and steam around and under the containers.

2. HOT-WATER-BATH COMMERCIAL OUTFITS

Hot-water-bath commercial outfits are constructed usually for outdoor work, and have a sterilizing vat, lifting trays, fire box, and smoke pipe, combined in one piece. They are light and convenient, and are planned as portable outfits. The products should be sterilized in such outfits in completely sealed tin cans or partially sealed glass jars immersed in boiling water. The only advantage of these outfits over the homemade devices is that they are more convenient and have all the necessary equipment for operation. Both the homemade and hot-water commercial canners are classed as hot-water-bath outfits.

3. WATER-SEAL OUTFITS.

Water-seal outfits consist of a double-walled bath and cover which projects down into the water between the outer and inner walls, thus making three tin or galvanized metal walls and two water jackets between the sterilizing vat and outer surface of the canner. A higher temperature may be maintained more uniformly with such an outfit than with the hot-water-bath outfits, since the free escape of steam is prevented and a slight steam pressure is maintained. The water-seal outfit may prove more economical of heat, especially in the canning of vegetables and meats, where high temperatures are necessary for complete sterilization.

4. STEAM-PRESSURE OUTFITS.

Steam-pressure outfits are made to carry from 5 to 30 pounds of steam pressure, and are equipped with a steam-tight sterilizer, lifting crate, thermometer or pressure gauge, safety valve, and steam pet cock. The pressure canner may be regulated easily so as to maintain different temperatures. It is thus adaptable for use in sterilizing various vegetables and food products.

5. ALUMINUM PRESSURE COOKERS.

Aluminum pressure cookers are combination outfits for general cooking purposes which are used also for home canning of fruits, vegetables, and meats. They may be used for canning during the canning season and as cookers during the entire year. As a type, these pressure cookers are light in construction and economical of heat. They are made entirely of aluminum and will carry as high as 30 pounds steam pressure. They are equipped with a steam-pressure gauge, safety valve, and pet cock, as are steam pressure outfits.

OPERATION OF HOT-WATER BATH AND WATER-SEAL OUTFITS

Difficulties in the operation of hot-water bath canning outfits may be avoided if the following rules are observed:

- (1) Support the jars on a perforated platform sufficiently to permit the circulation of water under and around the jars.
- (2) Have the water cover the tops of the jars by at least 1 inch.
- (3) Count time as soon as the water begins to boil vigorously.
- (4) Remove the jars from the water and tighten the covers as soon as the time is up.

Liquid may be lost from the jars during the sterilizing period if the water in the canner does not cover the tops of the jars, if the covers to the jars are adjusted too loosely, or if the platform in the bottom of the canner does not permit the water to circulate underneath. Towels, excelsior, newspapers, hay, and the like are unsatisfactory for use in the bottoms of hot-water-bath outfits. Use a slat or perforated platform.

OPERATION OF STEAM-PRESSURE CANNERS

To secure the best results in the operation of steam-pressure canners, the following precautions should be observed:

- (1) Place each jar in hot water or in the canner as soon as packed.
- (2) Have the water come to the platform, but not above it; add hot water occasionally to prevent its boiling dry.
- (3) Have the canner absolutely steam-tight.
- (4) When the canner has been filled, fasten the opposite clamps moderately tight; then tighten each pair of clamps fully.
- (5) Allow the pet cock to remain open until live steam escapes from it.
- (6) Close the pet cock completely.
- (7) Force the pressure to the required point before counting time.
- (8) Maintain a uniform pressure during the sterilizing period. This may be done by turning down gas or oil flame or moving canner off the stove partially.
- (9) Allow the canner to cool until the steam gauge registers zero before opening the pet cock.
- (10) Remove the jars from the canner and tighten the lids as soon as the canner is opened.

Liquid will be lost from the jars during the sterilizing period if steam leaks at the joint and around the fittings; if the pressure is allowed to fluctuate, as by running up to 12 pounds, down to 7 pounds, and back to 10 pounds; if steam is allowed to blow from the pet cock during or at the close of the sterilizing period; if a vacuum forms in the canner; or if the wire bails on the glass-top jars are so loose that they will not go in with a snap.

SEASONING

In seasoning foods it should be kept in mind that most vegetables as well as meats are injured in flavor and quality by an excessive use of salt for seasoning in the canning process. A little salt is very palatable, and its use should be encouraged, but it is better to add no salt in canning than to use too much. Salt can be added to suit the taste when canned goods are served.

SYRUPS

Syrups are employed usually in canning fruits. The formula sometimes called the Eastern formula is 3 quarts of water to 2 quarts of sugar, boiled to a thin, medium-thin, medium-thick, or thick syrup.

Thin syrup is sugar and water boiled sufficiently to dissolve all of the sugar, but is not sticky. Such syrup has a density of from 12 to 20 per cent.

Medium-thin syrup is that which has begun to thicken and becomes sticky when cooled on the finger tip or spoon (density of from 20 to 40 per cent).

Medium-thick syrup is that which has thickened enough to roll or pile up over the edge of the spoon when it is poured out (density of from 40 to 50 per cent).

Thick syrup is that which has become so thick that it is difficult to pour out of a spoon or container, but is not sugared (density from 50 to 64 per cent).

Thin syrups are used for all sweet fruits such as cherries, peaches, apples, etc., that are not too delicate in texture and color. Medium-thin syrups are used in the canning of the medium-sweet fruits, such as blackberries, currants, dewberries, huckleberries, raspberries, etc. Medium-thick syrups are used in the canning of all sour fruits, such as gooseberries, apricots, sour apples, etc., and delicately colored fruits, such as strawberries and red raspberries. Thick syrup is used in preserving and making all kinds of sun-cooked preserves.

HOW TO DETERMINE SYRUP DENSITY

Unsatisfactory results frequently follow the use of syrups which are not of the density best suited to the particular purpose for which they are employed. The

following table gives the proportions of sugar and water required to prepare syrup of the desired density. No allowance has been made for evaporation during heating.

Proportions of sugar and water in syrup of different density.

Desired syrup density.	Sugar.	Water.	Desired syrup density.	Sugar.	Water.
Per cent.	Pounds.	Quarts.	Per cent.	Pounds.	Quarts.
12	1 ½	5 ½	35	7	6 ½
15	3	8 ½	40	2	1 ½
18	4 ½	10 ½	50	2	1
24	6	9 ½	60	6	2
28	7	9	64	16	4 ½

CANNING FRUIT WITHOUT SUGAR

All fruits can be canned successfully for future use for jelly making, pie filling, salad purposes, etc., without the use of sugar by simply adding hot water instead of the hot syrups. It has been found practicable also with certain vegetables to substitute sugar for salt in the canning process, and then add other seasoning to taste when serving.

In canning fruit without sugar, can the product the day it is picked. Cull, stem, seed, and clean fruit by placing in strainer and pouring cold water over it. Pack the product carefully in hot glass jars or tin cans until full. Use tablespoon, wooden ladle, or table knife for packing purposes. Pour boiling hot water over the product in the hot jar. Place rubbers and caps in position, not tight. If using tin cans, seal completely. Place product in the sterilizer, vat, or canner, and sterilize for the length of time given in the table according to the particular type of outfit used.

After sterilizing remove the filled containers. Seal jars; invert to cool and test the joints. Wrap in paper to prevent bleaching and store in a dry, cool place. If tin cans are used it will be found advantageous to plunge them into cold water immediately after sterilization to cool them quickly.

IV. Drying.

Farmers' Bulletin 841 on "Drying Fruits and Vegetables in the Home."

V. Salting.

Farmers' Bulletin 881 on "Preservation of Vegetables by Fermentation and Salting."

CANNED PEACHES (OPEN KETTLE METHOD)

Select firm peaches of uniform size. About 8 to 10 peaches are required to fill a quart jar. Wipe fruit, put in boiling water just long enough to loosen skins. Remove skins, cut in halves, and remove stones. Cook fruit at once, or cover with water to prevent discoloration. A few of the stones may be cooked with it for the almond flavor. Use one-quarter to one-third lb of sugar with about 1 pt of water for each can of peaches.

Put sugar and water in preserving kettle and cook to syrup. Add fruit, cook slowly until it is soft enough to be easily pierced. Put fruit into sterilized jars, arranging outer surface of peach to the glass, fill to overflowing with boiling syrup, and seal.

CANNED PLUMS

Nearly all varieties of plums are canned with skins. Wash fruit, and plunge into boiling water, if skins are to be removed. If they are left on, prick them to

prevent bursting.

Put sugar and water into preserving kettle, and bring to boiling point. Put some of the fruit into boiling syrup, cook five minutes, fill jars and seal. Put more fruit in syrup and proceed as before. In kettle, do not crowd fruit which is soft and loses its shape easily.

CANNED PEARS

Bartlett pears are best for canning. If fruit is ripe, it may be treated the same as peaches. If it is rather hard, it should be steamed or stewed until it is tender, then placed in a kettle and covered with syrup. Small bits of ginger root, or a few shavings of yellow part of lemon rind, or a few pieces of pineapple may be added to the syrup.

CANNED TOMATOES

Wipe tomatoes, cover with boiling water, and let stand until skins may be easily removed. Place them in kettle and cook until thoroughly scalded. Skim frequently. Put into sterilized jars and seal. Salt may be added, if desired, in proportion of 1 teaspoon to the quart.

JELLIES

GENERAL DIRECTIONS

1. Select clean, rather under-ripe fruit.
2. Wash fruit.
3. Cook in agate preserving kettle.
4. If fruit is very juicy, add just enough water to prevent burning, about one cup to four quarts of fruit. If it is less juicy e. g., apple, quince, etc., discard any unsound portions, cut into small pieces without peeling or coring, and cover with water.
5. Heat slowly to boiling, crush thoroughly, and continue cooking until heated throughout.
6. Transfer to jelly bag wrung out of hot water, let drain into stone or agate bowl.
7. Test for pectin by adding 1 teaspoon alcohol to 1 teaspoon cooked fruit juice. If test shows heavy precipitate and juice is acid, the maximum amount of sugar may be used; with lighter precipitate use less sugar.
8. Boil from 10 to 20 minutes according to amount of water added at first cooking. Skim well. Measure juice.
9. Heat some sugar in oven while juice is cooking. Stir occasionally to prevent burning. Measure the sugar, using from $\frac{3}{4}$ c to 1 c for each cup of juice.
10. Add heated sugar to cooked fruit juice, stir until sugar is dissolved, boil from 3 to 10 minutes, or until jelly breaks off when dropped from spoon. The test with syrup gauge should register 25° B.
11. Pour jelly into heated, sterilized glasses, and set away to cool and harden.
12. Cover top of jelly with alcohol, or cover with boiling paraffin. Cover with tin or paper covers to protect from dust; label and store in cool, dry place.
13. A second and third extraction of juice may be made by mixing the fruit pulp with enough boiling water to cover, draining, and repeating process of jelly making.

CURRENT JELLY

Wash and pick over currants. Put in preserving kettle and mash with wooden potato masher. Follow general directions.

SPICED APPLE JELLY

- | | |
|------------------------|---------------------------|
| 1 qt apples | 1 t cinnamon |
| 1½ c cranberries | 1 t whole cloves |
| 1½ c vinegar and water | Tie spices in cheesecloth |
- Cook all together, drain, and proceed as directed for jelly making.

QUINCE AND CRANBERRY JELLY

1 doz quinces

3 qts cranberries

Cook the fruits separately, drain, combine juices, and proceed as with any jelly.

CRABAPPLE JELLY

Wash fruit, wipe and remove stem and blossom ends. Cut in quarters, put in a preserving kettle and cover with cold water. Cook gently until apples are soft and clear. Follow general directions.

PRESERVES AND CONSERVES

APPLE BUTTER

For apples average in sweetness, use one-half as much sugar as apple pulp. Add a bit of grated rind of orange, the juice of the orange and the juice of $\frac{1}{2}$ lemon if desired. For each cup of pulp add $\frac{1}{8}$ t cinnamon and just a speck of nutmeg. The orange and lemon may be omitted if strict economy is to be practiced and less sugar used.

GRAPE FUDGE

8 lbs grapes

$\frac{1}{2}$ lb walnut meats

6 lbs sugar

1 lb raisins

Wash fruit and remove from stems, remove skins, put pulp through colander to remove seeds. Chop skins, raisins, and add to sugar and pulp; cook until thick. Add nuts just before it is done. Put in sterilized jars.

PLUM CONSERVE

5 lbs blue plums

Juice of three oranges

4 lbs sugar

Rind of one orange

$1\frac{1}{2}$ lbs seeded raisins

Juice of two lemons

Pit plums, but do not peel. Dissolve sugar in fruit juice and add fruits. Cook slowly until of consistency of jelly. Store in glasses.

ORANGE MARMALADE

Select smooth, thin skinned fruit. Wash and remove any thickened ends. Remove the rind, including all of the white from the lemon. Cut up both orange and lemon with a sharp knife. To each measure of fruit add three measures of cold water and set aside to soak in a granite sauce pan on the stove and boil 10 minutes. Set in a cool place until the following day, at which time measure the mixture and for every cupful, add one cupful of sugar, and one extra cupful. Put on the stove and cook until it jellies. One orange and one lemon will make 6 glasses.

GRAPE JUICE

3 qts grapes

sugar

1 pt water

Wash ripe grapes and free from stems. Measure, and to every three quarts grapes use 1 pt water. Put into kettle and let come slowly to boiling point, stirring occasionally. Remove from fire and strain through thick cloth. Measure and put juice back in kettle. Add 1 cup granulated sugar to every 3 qts of juice. Let come quickly to boiling point, and turn at once into sterilized bottles. If wild grapes are used, more sugar must be used.

CANNING DIRECTIONS

(From Bulletin 839)

Vegetables

Tomatoes.—Scald $1\frac{1}{2}$ minutes or until skins loosen. Cold dip. Remove stems and cores. Pack directly into cans or hot jars. Press down with tablespoon (add

no water). Add level teaspoonful salt per quart. Put rubbers and caps of jars into position, not tight. Seal tin cans completely. Sterilize for the length of time given for the particular type of outfit used.

Sweet Corn.—Remove husk and silk. Blanch 5 minutes on cob. Cold-dip; cut corn from cob and pack directly in hot jars or cans ($\frac{1}{4}$ inch of top). Fill with boiling water. Add level teaspoonful salt per quart. Put rubbers and caps of jars into position, not tight. Seal tin cans completely. Sterilize for the length of time given for the particular type of outfit used.

Corn seems to give home canners more trouble than do most products; but, with care and study, corn may be canned as easily as any other product grown in the garden. A little experience in selecting the ear and the ability to recognize corn that is just between the milk and the dough stage are important. Cut the corn from the cob with a sharp, thin-bladed knife, and pack it at once into sterilized jars. Best results can be obtained when one person cuts the corn from the cob and one person fills the containers. If it is necessary for one person to work alone, he should cut off sufficient corn to fill one jar, pour on boiling water, add salt, place the rubber and the cap in position, and put the jar into the canner or hot water at once. Corn expands a little in processing, and for this reason jars should not be filled quite full. Corn that has reached the dough stage before being packed will have a cheesy appearance after canning. Corn should never be allowed to remain in the cold-dip water, and large quantities should not be dipped at one time unless sufficient help is available to handle the product quickly. Water-logged or soaked corn indicates slow and inefficient packing.

When canning sweet corn on the cob, follow same directions but pack whole ears in jars instead of the cut-off corn.

Vegetables such as Wax Beans, Stringless Beans, Okra, Green Peppers, Cabbage and Brussels Sprouts.—String or hull. Blanch in live steam for 5 to 10 minutes. Remove and dip quickly in cold water. Pack in hot jars or tin cans and add boiling hot water until jars or tin cans are full. Add one level teaspoonful of salt to each quart. Put rubbers and caps of jars in position, not tight. Seal tin cans completely. Sterilize for the length of time given for the particular type of outfit used.

Remove from container; tighten cover; invert to cool, and test the joints. Wrap in paper to prevent breakage, and store.

Peas.—A cloudy or hazy appearance of the liquid when peas are keeping well indicates that the product was roughly handled in blanching and cold-dipping, or that split or broken peas were not removed before packing. When peas are too old and blanching is not done carefully, the skin becomes cracked and the liquid cloudy. Some waters of high mineral content have a tendency to increase cloudiness, also to harden the peas.

Root and tuber vegetables, such as Carrots, Parsnips, Salsify, Beets, Turnips, and Sweet Potatoes.—Grade for size, color, and degree of ripeness. Wash thoroughly, use vegetable brush. Scald or blanch in hot water sufficiently to loosen the skin. Dip quickly into cold water. Scrape or pare to remove skin. Pack whole vegetables, slices, or cross-section pieces in hot glass jars or tin cans. Add boiling hot water until full. Add level teaspoonful salt to quart. Place rubbers and tops of jars in position; partially seal, but not tight. Cap and tip tin cans completely. Sterilize for the length of time given for the particular type of outfit used.

Remove jars from canner; tighten covers; invert to cool, and test joints. Wrap in paper and store.

How to prevent the fading of beets.—Small beets that run 40 to the quart are the most suitable size for first-class packs. The older the beet the more chance there is for loss of color. When preparing the beet, leave on 1 inch of the stem and all of the tail while blanching. Blanch not more than 5 minutes, and cold-dip. The skin should be scraped from the beet, not peeled. Beets should be

packed whole, if possible. Well-canned beets will show a slight loss of color when removed from the canner, but will brighten up in a few days.

Fruits

Soft Fruits and Berries.—These include, apricots, blackberries, blueberries, cherries, currants, dewberries, figs, gooseberries, grapes, huckleberries, peaches, plums, raspberries, and strawberries.

After hulling, seeding, stemming, or skinning the fruit, place fruit in a strainer and rinse by pouring cold water over it. Pack from strainer into hot jars or cans without crushing, using big spoon or ladle. Hot syrup previously prepared should be poured over the fruit at once. Before packing a second jar, place rubbers and caps in position, not tight. If using tin cans, seal completely. Enameled tin cans should be used for all highly acid berries. Sterilize for the length of time given for the particular type of outfit used.

Hard Fruits: Apples, Pears, and Quinces.—Remove skin and core. Cut into convenient slices or sections and drop into slightly salted cold water to keep from tarnishing. Blanch $1\frac{1}{2}$ minutes. Cold-dip. Pack closely in hot jars or tin cans. Fill with hot syrup. Put rubbers and caps of jars into position, not tight. Seal tin cans completely. Sterilize for the length of time given for the particular type of outfit used.

Windfall Apples.—Separate apples into two grades: Whole and reasonably sound and firm, first grade; all other apples (bruised, worm-eaten, and those containing decayed spots), second grade.

**TIME TABLE FOR SCALDING, BLANCHING, AND STERILIZING VEGETABLES
AND FRUITS**

Products by Groups.	Scald or blanch	Hot- water- bath outfits at 212°	Water- seal outfits 214°	Steam pressure 5 to 10 pounds	Pressure cooker 10 to 15 pounds
Special Vegetables—					
Tomatoes	1½	22	18	15	10
Pumpkin	3	120	90	60	40
Squash	3	120	90	60	40
Corn, sweet	5	180	120	90	60
Pod Vegetables and other Green Products					
Beans, green	5-10	120	90	60	40
Cabbage	5-10	120	90	60	40
Root and Tuber Vegetables					
Carrots	5	90	80	60	40
Parsnips	5	90	80	60	40
Salsify	5	90	80	60	40
Beets	5	90	80	60	40
Turnips	5	90	80	60	40
Greens					
Swiss chard	15	120	90	60	40
Kale	15	120	90	60	40
Asparagus	15	120	90	60	40
Spinach	15	120	90	60	40
Beet tops	15	120	90	60	40
Soft Fruits and Berries					
Apricots	1-2	16	12	10	5
Blackberries		16	12	10	5
Blueberries		16	12	10	5
Cherries		16	12	10	5
Currants		16	12	10	5
Grapes		16	12	10	5
Peaches	1-2	16	12	10	5
Plums		16	12	10	5
Raspberries		16	12	10	5
Strawberries		16	12	10	5
Hard Fruits.					
Apples	1½	20	12	8	6
Pears	1½	20	12	8	6
Quinces	1½	20	12	8	6

SPECIAL CANNING PRECAUTIONS AND SUGGESTIONS

Mold on Canned Goods

Mold may develop on canned goods if the seal is defective, if after sterilizing the tops are removed from the jars to replace the rubber rings, and if the jars are kept in a damp place where the rubbers may decompose.

Shrinkage During Sterilization

Shrinkage may occur during sterilization because of improper and insufficient blanching and cold-dipping, careless packing, poor grading, sterilizing for too long a period, or lack of judgment in the amount and size of product put into the container.

Blanching Greens

The proper way to blanch all greens or potherbs is in a steamer or in a vessel improvised to do all the blanching in steam above the water line. If this is done, a high percentage of mineral salts and volatile oil is retained in the product.

SPECIAL REQUIREMENTS OF CORN, PEAS, BEANS, AND ASPARAGUS

Canned corn, peas, beans, and asparagus may show no signs of spoilage and still when opened have a sour taste and a disagreeable odor. This specific trouble is known to the canner as "flat-sour," and can be avoided if the canner will use fresh product, that is, one which has not been gathered more than 5 or 6 hours, and will blanch, cold-dip, and pack one jar of product at a time, and place each jar in the canner as it is packed. The first jar in will not be affected by the extra cooking. When the steam-pressure canner is used the jars or cans may be placed in the retort, the cover placed in position, but not clamped down until the retort is filled. Rapid cooling of these products prevents over cooking, clarifies the liquid, and preserves the shape and texture.

PICKLING

GENERAL DIRECTIONS

1. Always prepare in porcelain kettles and never use metal spoons.
2. Green vegetables require soaking in brine and thorough draining to remove strong flavor.
3. Spice carefully so that one flavor will not predominate.
4. Use the best cider vinegar. Do not boil vinegar more than necessary, as boiling weakens it.
5. Nasturtium seeds or a small piece of horse radish placed in each jar prevents the vinegar from moulding.
6. For sweet pickles, the syrup should be rich enough to keep without sealing. Brown sugar makes a richer and better flavored syrup than white sugar.

GREEN CUCUMBER PICKLES

4 qts small green cucumbers 2 tb salt
2 qts boiling water

Wash and wipe cucumbers, put in stone jar and add brine made with salt and boiling water. Let stand three days. Drain cucumbers, bring brine to boiling point, pour it over cucumbers, and again let stand three days. Repeat, drain. Scald in following mixture.

1 gal vinegar 2 tb allspice berries
4 red peppers (chopped) 2 tb whole cloves
2 sticks cinnamon

Pack in stone jar and cover with liquor.

SWEET PICKLED PEACHES

3 c vinegar $\frac{1}{4}$ c (scant) mixed whole spices
1 c water $\frac{1}{2}$ pk peaches
2 $\frac{1}{2}$ to 5 c brown sugar

Scald peaches to remove skins, and pare. Make a syrup of sugar, vinegar, and spices; skim, and boil 20 minutes. Cook peaches a few at a time in syrup until tender, put in jar, let stand 24 hours. Repeat three times. At the end of third time, cover with the syrup cooked down until thick.

WATER MELON PICKLE

Water melon rind should be cut in small pieces and soaked over night in brine; 1 tb salt to 1 qt water. Drain and cook in boiling water until tender, or boil in brine until nearly tender, then rinse with water. Finish as peaches.

SWEET PICKLED CRAB APPLES

1 qt diluted vinegar	1 t cloves
1½ to 3 lbs sugar	1 t whole cinnamon

Wash crab apples and remove blossom ends. Steam until tender. Make syrup of vinegar, sugar and spices. Cook in this syrup 10 minutes, store in jars, boil syrup down, and pour over fruit.

MUSTARD PICKLES

1 gal cider vinegar	½ oz turmeric
¼ lb ground mustard	½ oz curry powder
3 tb corn starch	¾ t cayenne

Make a dressing of the above ingredients. Small cucumbers, or large ones cut in pieces, may be used. Soak over night in brine, using 1 c salt to 2 qts of water. Small white onions, string beans, and cauliflower may be used, but should be cooked in boiling salted water until tender. Put vegetables in jars in layers, and pour over them the boiling dressing. Reheat dressing the following day, and thicken if necessary.

OLIVE OIL PICKLES

4 qts small cucumbers, sliced	1 pt small white onions, sliced
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Let stand in weak brine over night. Drain, rinse in cold water and add:

1 oz white mustard seed	1 c olive oil
1 oz celery seed	

Mix well, put in jars and add vinegar to cover.

CHOPPED PICKLE

1 gal chopped green tomatoes	1 qt chopped white onions
1 gal chopped cabbage	½ c salt

Pack in layers in stone crock and leave for several hours. Allow to drain in cheesecloth bag over night. Add 1½ qts water and 1 pt vinegar and bring to boiling point. Drain. Then add:

2 large green peppers, chopped	3 gills white mustard seed
½ gill white pepper	2 tb ground cloves
3 heads celery	1 qt vinegar
1 gill celery seed	1 lb brown sugar

Mix well and boil ½ hour, stirring occasionally.

UNCOOKED TOMATO RELISH

1 pk ripe tomatoes, cut in small pieces	3 c celery, sliced very fine
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2 c onions, chopped fine
½ c salt sprinkled over onions and celery and allowed to drain two hours. Tomatoes drained in bag meanwhile.

After draining combine mixtures and add:

2 large red peppers, chopped	2 t cinnamon
3 c light brown sugar	1 t cloves
¾ c mustard seed	2 pts cider vinegar

Mix all together, and can cold.

CORN RELISH

1½ doz ears sweet corn	2 c sugar
½ cabbage	3 green peppers
4 onions	½ c salt
1 qt vinegar	3 tb mustard

Cut corn from ear. Chop cabbage, onions, and peppers. Mix all ingredients together and boil one hour.

CHILI SAUCE

30 tomatoes	2 heads celery
8 large onions	5 tb salt
7 sweet green peppers	2½ c sugar
2 qts of vinegar	

Peel tomatoes and cut into pieces. Remove seeds from peppers. Chop onions, celery, and peppers. Combine all ingredients. Cook three hours or until thick. Add ground spices and more sugar if desired. Makes about 4½ quarts.

COLD CATSUP

½ pt grated horseradish	½ c onions chopped
4 qts ripe tomatoes chopped (3 doz)	2 green peppers chopped
1 pt celery chopped (4 bunches)	
Drain several hours in a cheesecloth bag. Then add:	
4 tb white mustard seed	½ t mace
8 tb sugar	2 tb cinnamon
5 tb salt	1 bottle capers

PEPPERS

8 large sweet, green or red peppers. (Red are preferable). Cut in strips with shears or leave in halves. Cover with boiling water for 10 minutes. Remove, and put into ice water until cool. Pack in pint jars. Boil 1 pint of vinegar and one cup of sugar and pour boiling hot over peppers. Seal.

POULTRY

BONING

In this process the skin with the flesh attached is to be separated intact from the bones which support it; the fingers and the back of a sharp pointed knife are most serviceable in pushing and scraping the flesh from the bones and the sharp edge of the knife when cutting is desirable. Singe, remove the pin-feathers, and tendons, and lastly, the feet; wipe carefully, but do not draw the bird, as a firm foundation upon which to work is desirable.

Loosen the skin around the end of the leg-bone, and cut through the skin on the back from the neck to about the middle of the back. Beginning on one side, scrape the flesh with the skin from the backbone to the free end of the shoulder blade, push the flesh from this, and then follow the bone to the articulation of the wing. Then down to the middle joint of the wing, free this and disjoint the bone at the shoulder joint; free the flesh from the other shoulder blade and wing in the same way, then push the flesh from each collar bone down to the breastbone, separating the crop from the flesh. The skin lies very close over the edge of the ridge of the breastbone, and great care must be exercised to keep it whole; use the fingers rather than the knife. Now separate the flesh from the ribs, taking care not to penetrate the lining into the inside; push the flesh from the second joint, then from the leg, pulling the flesh down over the ends of the legs, where the skin was loosened at first, just as one often turns a glove wrong side out, when it does not come off easily; free the bones on the other side in the same way, then push the skin from the backbone until the rump is reached; cut around anal opening, being careful not to break intestinal wall, cut through the bone, leaving a part of it in the rump. Now, when the skin on the under side is separated from the lining membrane, the edible portion of the bird (saving the giblets) is one piece and the bony structure with the internal organs is another.

TO TRUSS POULTRY

Draw thighs close to body and hold by inserting a steel skewer under middle joint running it through body, coming out under middle joint on the other side. Tie

legs together at ends or cross drumsticks, tie securely with a long string, and fasten to tail. Place wings close to body and hold them by inserting a skewer through body. Draw neck skin under back and fasten with a small wooden skewer. Turn bird on its breast. Cross string attached to tail piece and draw it around each end of lower skewer; again cross string and draw around each end of upper skewer; fasten string in a knot and cut off ends. In birds that are not stuffed, legs are often passed through incisions cut in body near tail.

TO FILLET POULTRY

Remove skin from breast, and with a small sharp knife begin at end of collar bone and cut through flesh, following close to wish and breastbones, the entire length of meat. Raise flesh with fingers, and with knife free the piece of meat from bones which lie under it. Cut meat away from wing joint; this solid piece of breast is meat known as fillet. This meat is easily separated in two parts: the upper, larger part is called the large fillet; the lower part the mignon fillet. The tough skin on the outside of large fillet should be removed, also the sinew from mignon fillet. To remove tough skin, place large fillet on a board, upper side down, make an incision through flesh at top of fillet, and cut entire length of fillet, holding knife as close to skin as possible. Trim edges, that fillet may look shapely.

TO FRY CHICKEN

Select young chicken, not fowl. Cut up. Wash, drain, but do not dry. Dredge well with flour and seasoning. Use drippings for fat, salt pork, bacon, beef or chicken fat will do. Cook chicken slowly in fat in frying pan until tender, and well browned. Serve with cream or milk gravy.

CHICKEN A LA MARYLAND

Cut up chicken as for fricassee. Dredge well with flour and seasoning. Dot with bits of fat. Bake in oven, adding small amount of water and basting frequently. Fifteen minutes before removing from oven, add 2 c cream or milk, and simmer gently. Remove chicken, and thicken liquid.

CHICKEN PIE

2 fowls	1/8 t pepper
1/2 onion	1/2 c flour
1 tb parsley	pie crust or biscuit dough
bit of bay leaf	

Dress, clean, and cut up fowls. Put in a stewpan with onion, parsley, and bay leaf; cover with boiling water, and cook slowly until tender. When chicken is half cooked, add salt and pepper. Remove chicken, strain stock, skim off fat, and then cook until reduced to four cups. Thicken stock with flour diluted with enough cold water to pour easily. Place a small cup in center of baking dish, arrange around it pieces of chicken, removing some of the larger bones; pour over gravy, and cool. Cover with crust in which several incisions have been made, that there may be an outlet for escape of steam and gases. Wet edge of crust and put around a rim, which is close to edge. Bake in moderate oven until crust is well risen and browned. If puff paste is used, it is best to bake top separately.

FISH

BONING FISH

To bone a fish begin at the tail, slip a sharp knife under the flesh and close to the backbone, running the knife upward to loosen flesh from backbone and outward to loosen it from the ribs. Follow backbone for the length, and separate the whole of one side. Remove flesh from the other side the same way. Pick out any small

bones that remain. Fill the body of the fish with stuffing, allowing room for material to swell, sew up the opening with a trussing needle, truss; cover the fish with thin slices of salt pork. Bake, basting every ten minutes. Fish may be boned before drawing, boning from the dorsal instead of from the neutral side.

PLANKED FISH

Place the fish, cleaned, skin side down on a heated hardwood plank. Dot with fat. Lay narrow strips of bacon or salt pork on fish. Sprinkle with salt and pepper. Bake in hot oven, basting frequently. When the fish is cooked, surround with a border of duchess potatoes, shaping by means of a pastry bag and star tube. Brush the potatoes over with beaten egg yolk mixed with an equal quantity of milk. Let brown in the oven, and serve with maitre d' hotel sauce. Garnish with lemon and parsley. A variety of garnishes may be used.

STUFFING FOR BAKED FISH

5 oz ($\frac{1}{4}$ loaf) of bread crumbs	2 egg yolks
1 tb chopped parsley	$\frac{1}{4}$ t each of salt and pepper
2 tb chopped onion or	$\frac{1}{4}$ c melted fat
1 t onion juice	

Soak the bread, from which the crust has been taken, in cold water fifteen minutes; put in a bit of cheesecloth and wring as dry as possible; add the other ingredients and use. If a moist stuffing be desired, omit the egg yolks. A teaspoonful, each, of chopped capers and pickles are often used.

BROILED SALT FINNAN HADDIE

Wash the fish thoroughly; let soak a half hour in cold water, skin side up; cover with water which is simmering, not boiling. Let stand fifteen minutes, then drain carefully and wipe dry, brush over with fat and broil over slow fire about fifteen minutes. Remove to hot platter, sprinkle with bits of fat, and with juice of half a lemon. Serve at once.

BROILED SALT MACKEREL

Let soak in cold water twelve hours skin side up. Parboil, drain and wipe dry. Brush over with melted fat. Broil on a well-greased broiler, skin side down, basting once or twice. Remove carefully to serving dish and pour over half a cup of white sauce. Sprinkle with finely chopped parsley.

TURBANS OF HALIBUT WITH POTATO BALLS

Have two slices of halibut cut half an inch thick; remove the skin and bone, thus securing eight fillets. Dip in melted butter; squeeze over them the juice of half a lemon, a little onion juice, and sprinkle with salt and pepper. Commencing with the widest end, roll each fillet into a "turban" and fasten by running through each a buttered wooden toothpick. Bake about twenty minutes, or steam 1 hour, basting with hot stock, or fat melted in hot water. Arrange crown shape on a serving dish. Fill the center with boiled potato balls, dressed with salt, butter, and chopped parsley. Serve with Hollandaise or other fish-sauce.

DEVILLED CRABS

2 tb fat	2 egg yolks
2 tb flour	1 c chopped crab meat
1 c stock	
salt and pepper	1 t chopped parsley

Make sauce of fat, flour and stock, add other ingredients (except parsley) and cook several minutes. Add parsley. Wash and trim crab shells, fill rounding with mixture, and sprinkle with buttered crumbs. Crease on top with case knife, making three parallel lines and three short lines branching from outside parallel lines. Bake till crumbs are brown.

LOBSTER CUTLETS

2 c chopped lobster meat	1 t lemon juice
$\frac{1}{2}$ t salt	yolk of one egg
a few grains cayenne	1 t chopped parsley or pickles
a few grains nutmeg	1 c thick white sauce

Mix ingredients in order given. Let cool; shape by patting into oblong cakes with knives and then indenting to form cutlet shape. Dip in egg and crumbs, and fry in deep fat. Insert a claw in the end of a cutlet, if desired. Serve with mayonnaise dressing to which chopped pickles are added, or a bernaise sauce. Any other fish or meat may be similarly used.

CHARTREUSE OF SALMON

1 c rice	1 lb cooked salmon
3 c milk or stock	1 t onion juice
$\frac{1}{4}$ c oleomargarine or drippings	salt and pepper

Parboil the rice five minutes, drain off the water, add the salt and milk, and let it steam until tender. Cream the oleomargarine with the onion juice and lightly stir this into the rice. Fill the center with salmon, flaked and seasoned with salt, pepper, and lemon juice, cover it with rice and let it steam one-half hour. Garnish and serve with drawn butter sauce.

INTERNAL ORGANS

BRAINS

Soak in cold salt water for 1 hour. Tie in cheese cloth, and cook in highly seasoned stock. When cooled, use same as sweetbreads.

SWEET BREADS

Soak in cold water 1 hour. Remove tubes and membranes. Throw into boiling salted water. Cook gently 15-20 minutes or until tender. Plunge into cold water to harden and whiten. Remove at once and drain.

Sweetbreads may be creamed by separating meat into pieces, then, adding white sauce. Serve on slice of toast or in patties. Sweetbreads may also be scalloped, baked, or broiled.

CALF'S LIVER

Cut in slices $\frac{1}{2}$ inch thick, cover with boiling water and let stand five minutes. Wipe dry. Rub with bacon or other fat and broil, or saute in bacon fat. May be dredged with flour or dipped in egg and crumbs before sauteing. When dipped in crumbs, liver may be fried in deep fat, if desired. Liver is usually served with bacon. It may be chopped, combined with salt pork or bacon and made into meat loaf, just as beef or veal would be. The same proportions may be used. Garnish with lemon and parsley, or slices of tomatoes.

Liver may be cut into thin slices, a bread crumb stuffing placed on each slice, then rolled and skewered, or tied, and baked slowly.

CALF'S HEART

Wash a calf's heart, remove veins, arteries and clotted blood. Stuff and sew. Sprinkle with salt and pepper, roll in flour, and brown in hot fat. Place in small, deep baking pan, half cover it with boiling water, cover closely and bake slowly two hours, basting every fifteen minutes. It may be necessary to add more water. Remove heart from pan, and thicken the liquor with flour diluted with a small quantity of cold water. Season with salt and pepper, and pour around the heart before serving.

TONGUE

Put tongue in kettle, cover with boiling water, and cook slowly till tender.

Salt when partly cooked. Remove skin and roots; and then slice. If salted tongue is used, parboiling may be necessary. Place in deep pan, with one-third c each carrot, onion, and celery, cut in dice, add a little parsley; then pour over 4 c sauce, cover closely and bake 2 hours, turning after the first hour. Serve on platter.

Sauce for Tongue

4 tb flour	add 4 c water, in which tongue was
4 tb fat	boiled

Brown flour in fat. Season with salt and pepper. May use 1½ c tomato in place of part water.

BROILED TRIPE

Fresh honeycomb tripe is best for broiling. Wipe tripe as dry as possible, dip in fine cracker dust and melted fat, draining off all fat that is possible, and again dip in cracker dust. Place on a greased broiler and broil five minutes, cooking smooth side of tripe the first three minutes. Place on a hot platter, honeycomb side up, spread with fat, and sprinkle with salt and pepper. If pickled tripe is used it must be freshened by parboiling.

MEATS

BEEF RIB ROAST

Only the first 5 ribs of forequarter are suitable for roasting. Usually the roast is prepared by the butcher. If not, cut meat from ribs beginning near the backbone and working down to end of rib bones. If desired, the tough portion below the "eye" may be cut out leaving the outside layer of fat. Tie the fat about the "eye" securely, passing cord around several times, or fasten with skewers.

Rub meat with salt and dredge with flour. Place in pan, skin side down. Sear in hot oven, then reduce heat, and baste often with drippings. A little water may be added. After a time turn roast to brown the skin. Roast 8-10 minutes per lb for rare done, or 12-15 minutes per lb for well done.

BEEF FILLET (Baked Whole)

Clean, remove fat, veins, and tendinous portion in middle. Fold and skewer into compact shape, folding thin end under. Lard, bake on slices of fat salt pork. Baste frequently. Bacon may be rolled around fillet.

BROILED FILLET

Cut crosswise slices 1 inch thick. Shape by rolling under, then skewer. Broil.

BONED LEG OF MUTTON

Remove outer pink skin. Cut ligaments loose, skin, push flesh back from bone with knife till bone gradually comes out. Wipe meat with wet cloth. Sprinkle inside with salt and pepper. Fill cavity with any dressing desired. Sew up. Dredge with flour. Place on a slice of salt pork in a pan. Sear in hot oven. Reduce heat and bake, allowing 18 min. to the pound.

CROWN ROAST OF MUTTON OR LAMB

Select the full loin, or, better still, 5 or 6 ribs from both sides of a rack of lamb or mutton, selecting ribs on one side that correspond to those on the other. Cut ribs apart at backbone, but separate chops no farther. Remove outer pink skin. Trim the bones as for French chops, removing the trimmings to make the meat on the chops of uniform height; or leave the trimmings on each side in one piece and roll this over and over backward. When the ends of the loins are joined, a circle or crown meat is formed. If necessary, trim the bones to make all the same length. Cover the end of the ribs securely with cubes of salt pork. Press a

cup into the center of the circle of meat to keep it in shape. Roast 12-15 minutes to the pound for mutton, longer for lamb.

In serving, fill center with green peas, blanched chestnuts, cooked tender in stock and glazed, carrot balls, Saratoga or French fried potatoes, or chestnut puree.

CROWN ROAST OF PORK

Select same cut as for crown of lamb. Prepare in same manner. Rub with salt and dredge with flour. Bake in a slow oven 2 or 3 hours, basting often. Center may be filled with sauted apples, glazed onions or chestnut puree.

SAUTED APPLES

Cut apples in $\frac{1}{4}$ inch slices, remove center with biscuit cutter, leaving skin and ring of pulp. Saute in drippings, being careful to preserve shape. Place around meat on platter. Quarters of red apples with skin left on may be sauted and used in the same manner for garnish.

CHESTNUT PUREE

Boil chestnuts for 5 minutes, drain off water, and remove shells and skins. Then cook in boiling salted water until soft, drain, mash, moisten with scalded milk, season with salt and pepper and beat until light. Fill center of crown with puree.

HAM, BOILED

Scrape and scrub thoroughly with a brush. Let ham soak over night in sufficient cold water to cover. Trim off hard skin near bone, place in closely covered kettle, cover with cold water, bring to boiling point, and let boil a few minutes. Then let simmer for four hours or more. As water boils down, replenish with hot, not cold water. When tender, set aside to partially cool in the liquid, then remove outside skin, brush over with beaten egg diluted with water. Sprinkle with brown sugar and fine cracker crumbs, stick with cloves one-half inch apart, and bake in slow oven till brown. Mustard may be mixed with sugar if desired, and cloves may be omitted. A thick slice of ham may be prepared in the same manner.

Horseradish sauce is a palatable addition.

CHEAPER CUTS OF MEAT

BEEF AND TOMATOES

2 lbs lean beef	$\frac{1}{4}$ package macaroni
1 bunch celery	$\frac{1}{2}$ lb grated cheese
4 onions	salt and pepper
1 can tomatoes	1 tb Worcestershire sauce

Cut the meat, celery, and onions into small pieces, then put into frying-pan. Set on stove and stir constantly until well browned.

Remove from fire, and put into large casserole, add the tomatoes, the cooked macaroni, the grated cheese, sauce, salt, and pepper. Simmer for 2 hours and serve hot.

HAMBURG STEAK EN CASSEROLE

1 lb Hamburg steak	1 c stock or water
2 tb fat	1 tb chopped parsley
2 tb flour	croutons
1 chopped onion	salt and pepper

Heat fat in an earthenware dish, add onion, fry it until brown, then add flour, stir well together, add gradually the water or stock, and simmer for 10 minutes.

Add Hamburg steak and cook slowly for half an hour; baste occasionally. Season with salt, pepper, and chopped parsley, and just before serving, place on top a few nicely browned bread croutons.

CANNELON OF BEEF

Use chopped beef as for Hamburg steak or beef loaf, adding $\frac{1}{4}$ lb salt pork to 2 lbs beef. Season as for loaf. Shape into a roll, or fill into a shallow dripping pan. Place in hot oven and sear well. Then add slices of fresh tomatoes or the solid portions of canned tomato, salt and pepper, and finish cooking more slowly. Use drippings, after beef is removed, to make gravy.

CORNERD BEEF

Wipe the meat and tie securely in shape, if this has not been already done at market. Put in kettle, cover with cold water, and bring slowly to boiling point. Boil five minutes, remove skum, and cook at a low temperature until tender. Cool slightly in water in which it was cooked, remove to a dish, cover, and place on cover a weight, that meat may be well pressed. The lean meat and fat may be separated and put in alternate layers in a bread pan, then covered and pressed.

Corned beef is frequently used in the "New England boiled dinner," by adding cabbage, turnip, and carrot and boiling them with the meat.

SWISS STEAK

Select a slice of round steak, cut about two inches thick. A steak from the top of the round is preferable. For a small family, half of the slice will suffice for two meals. A full slice from heavy beef will weigh four or five pounds. Pound into the steak, on both sides, as much flour as it will take up (nearly one cup). The pounding is to break the fibers of the meat, the flour will take up the loosened juices which would otherwise be lost. Brown the meat on both sides in bacon or salt pork fat. Add boiling water enough to partly cover and let simmer about two hours. Peel an onion for each person to be served; let cook five minutes in boiling water, drain, rinse in cold water and set to cook around the meat. If preferred, the onions may be sliced into the dish before the steak is put into it. The sauce around the meat is thick and brown. This steak may be served on a plank. This may be cooked on top of the stove in an iron frying pan or in the oven in a casserole.

VEAL BIRDS

Select pieces of thin veal steak three inches by five inches in size. Spread with bread stuffing. Shape into rolls and tie or pin with a tooth pick. Dredge with flour and brown well in hot fat. Add enough brown stock or water to prevent burning and simmer until tender. Thicken and serve with gravy.

BEEF AND SAUSAGES

1 lb thinly cut beef	$\frac{1}{2}$ lb sausages
4 tb fat	1 tb chopped parsley
stuffing	salt and pepper

Cut meat into pieces. Season flour with salt and pepper; toss meat in this, and fold each strip into neat rolls, placing small portion of light bread crumb stuffing in each. Prick and divide the sausages. Place a layer of sausage in a casserole, then beef, and then sausage. Sprinkle in remaining flour and chopped parsley. Cover with water, put on lid, then cook slowly for two and a half hours.

STUFFING

2 tb fat	$\frac{1}{2}$ t pepper
1 chopped onion	$\frac{1}{2}$ t thyme
1 c crumbs	1 tb chopped parsley
1 c stock or water	$\frac{1}{2}$ c chopped celery
1 t salt	

Put fat into sauce pan, fry onion in it. Add crumbs, stock, seasoning. Stir until it leaves side of pan.

HUNGARIAN GOULASH

1 lb lean veal or mutton	1 large onion
½ lb lean beef	3 c boiling water
3 tb fat	1 t paprika
12 potato balls or cubes	1 bay leaf
6 small white onions	1 clove
6 carrot balls or cubes	4 tb flour
6 turnip balls or cubes	1 c cold water
1 t salt	1 chopped green pepper

Slice onion and brown it in fat. Remove onion and put in veal and beef cut into small pieces. Brown these thoroughly, and remove meat and place it in casserole. Add paprika and boiling water. Cover the dish and place it in oven.

Fry potato, carrot, turnip balls, and onion. Add them to meat after it has simmered for one and a half hours. After vegetables are added, add salt, bay leaf, clove, and flour mixed with cold water. Pour this into casserole and stir until mixture is slightly thickened. Add pepper mixed with a cupful of boiling water. Cover and simmer for another hour and a half. Serve from casserole.

Fireless cooker may be used in place of casserole in oven.

HAM EN CASSEROLE

Take a thick slice of ham, or scraps of ham from near the bone may be used. Trim off fat. Cover ham with milk and leave over night. In the morning place the ham in a covered baker and cover with the fat, finely chopped, to which has been added 1 tb brown sugar. Stick several whole cloves on top and bake for three or four hours, longer if possible, in moderate oven. Fireless cooker may be used.

Serve with:

1 c kidney beans

1 can pimientos cut up

½-1 c cheese

Heat slowly and stir as little as possible.

MEAT SAUCES

BERNAISE SAUCE

2 tb chopped onion	a few grains cayenne
2 tb vinegar	yolks of three eggs
¼ t salt	1 tb chopped parsley or pickles

Cook onions in vinegar. Place in a double boiler, add egg yolks. Cook until creamy, add seasonings.

BROWN SAUCE

1 tb chopped onion	2 tb fat
1 tb chopped carrot	2 tb flour
1 sprig parsley	¼ t salt
1 bay leaf	1 c brown stock

Cook vegetables and herbs in fat until light brown. Add flour and brown well. Add stock. Strain.

DRAWN BUTTER SAUCE

Make as white sauce, using water instead of milk and twice as much fat.

CAPER SAUCE

Stir ¼ c capers and 1 tb vinegar and some onion juice into 1 c drawn butter sauce.

CURRENT JELLY SAUCE

2 tb butter	1 c liquid (water or stock)
2 tb flour	$\frac{1}{4}$ glass currant jelly
$\frac{1}{4}$ t salt and pepper	1 tb lemon juice

Brown flour, add butter, then liquid and seasoning. Add currant jelly and lemon juice.

CURRENT MINT SAUCE (F. M. Farmer)

two-thirds glass currant jelly	$\frac{1}{4}$ orange rind
$1\frac{1}{2}$ tb chopped mint	

Separate jelly into bits but do not beat. Add mint and shavings of rind.

CUCUMBER SAUCE

Prepare a Hollandaise sauce. Add diced cucumber pickles, or add $\frac{1}{4}$ c pickle to drawn butter sauce.

EGG SAUCE.

2 tb flour	1 c boiling water
one-third c butter	$\frac{1}{4}$ t pepper
$\frac{1}{4}$ t salt	yolks of three hard boiled eggs

Cook flour with butter, add water. When thick, beat well. Add egg yolks and pepper, chopped finely.

HOLLANDAISE SAUCE

$\frac{1}{2}$ c butter	spk of cayenne
2 to 4 egg yolks	$\frac{1}{2}$ c boiling water
$\frac{1}{4}$ t salt	juice $\frac{1}{2}$ lemon

Cream the butter; add the egg yolks one at a time, beating thoroughly, add seasonings and water, and cook in double boiler, beating constantly until thick. Add lemon juice last.

MAITRE D' HOTEL SAUCE

4 tb butter	$\frac{1}{8}$ t salt
2 tb lemon juice	spk pepper
1 tb parsley	

Cream butter, add remaining ingredients and stir thoroughly.

MINT SAUCE

8 stalks mint, or 2 tb dry mint	$\frac{1}{2}$ c vinegar
2 tb sugar	1 tb lemon juice

Wash mint and pick leaves from stems. Chop fine. Add sugar and rub well together. Add gradually vinegar and lemon juice. Let stand one hour.

MUSTARD, PREPARED

3 tb ground mustard	$\frac{1}{2}$ t salt
warm water to mix	2 egg yolks
$\frac{1}{2}$ c boiling water	1 tb butter
1 t sugar	

Pour enough warm water over ground mustard to make a thick paste in double boiler. Rub smooth and add vinegar, sugar, salt, and well-beaten egg yolks. Place over boiling water and cook until it thickens; then add butter, stirring well. Serve with cold meat.

PARSLEY SAUCE

$\frac{1}{4}$ c butter	1 tb chopped parsley
$\frac{1}{4}$ c flour	$\frac{1}{2}$ t salt
2 c stock	dash cayenne and mustard

Melt butter, add flour, blend, add stock, stirring constantly, then add seasonings. Serve with pork.

VEGETABLES

BAKED BEANS

- | | |
|----------------------------|------------------------|
| 4 c beans | 1 tb salt |
| $\frac{1}{2}$ lb salt pork | 4 tb molasses or sugar |
| 1 heaping t mustard | 1 onion, if desired |

Soak the beans in cold water (soft water preferred) over night. In the morning wash and rinse thoroughly, then parboil until soft enough to pierce. Change water while parboiling, always using boiling water for cooking and rinsing. Drain, put one-half of beans into bean pot; add mustard, salt, and sweetening.

Score pork and place on top of beans, cover with remaining beans, and then cover whole with boiling water.

Put lid on bean pot and bake in slow oven, or fireless cooker, for eight hours. Uncover the last hour of cooking.

BEAN LOAF

- | | |
|------------------------------|--|
| 1 c dried beans | $\frac{1}{2}$ tb seasoning, celery leaves, sage or |
| $\frac{1}{2}$ c bread crumbs | minced onion |
| 1 c stock or hot water | 1 t salt |
| | $\frac{1}{2}$ t fat |

Soak beans over night, and then boil until tender; drain, rub through a sieve. Add crumbs which have been soaked in stock and seasonings. Mix thoroughly. Form into loaf. Bake in greased tin thirty minutes.

NUT LOAF

- | | |
|----------------------------------|--------------------------|
| 1 c chopped peanuts | 1 egg to mix |
| 1 c boiled rice or mashed potato | celery or onion to taste |
| 1 c bread crumbs | |

Mix the above ingredients with the beaten eggs. Bake and baste with drippings and water. Any left over cereal may be substituted for the rice. Serve with tomato sauce, if desired. $\frac{1}{2}$ to 1 cup of grated cheese may be added.

BRUSSELS SPROUTS

- | | |
|------------------------|---------------------|
| 1 qt sprouts | 2 qts water |
| $\frac{1}{4}$ c butter | 1 t chopped parsley |

Boil in salted water until tender, about 15 minutes. Let drain on cloth, then toss in frying pan with butter until butter is absorbed. Sprinkle with parsley, and a dash of salt. Arrange in mound on serving dish. Surround with points of toasted or fried bread.

STUFFED CABBAGE

- | | |
|------------------------------|----------------------|
| 1 medium sized cabbage | $\frac{1}{2}$ c milk |
| 1 lb beef | 1 egg |
| 1 slice bacon or salt pork | seasoning |
| 1 onion | 1 green pepper |
| $\frac{1}{2}$ c bread crumbs | |

Select solid cabbage, not too large, remove outside leaves, cut out stalk end, leaving a hollow shell. Chop uncooked beef, with bacon and onion. Add bread crumbs soaked in milk, beaten egg, salt, and pepper. Shape mixture into balls or cakes, arrange in cabbage. Arrange strips of sweet pepper on top of cabbage, tie in cheese cloth, then steam, or boil until tender. Serve with tomato sauce.

SCALLOPED CAULIFLOWER

Mix cooked cauliflower with half as much white sauce, season, put in dish, cover, sprinkle with buttered crumbs and bake until hot and brown. Grated cheese may be added if desired. Peppers may also be used for flavor. Celery or any other vegetable may be prepared in the same manner.

CORN A LA SOUTHERN

- | | |
|--------------------|------------------------|
| 1 can corn | 1 medium green pepper |
| 1 or 2 eggs | 1 t salt |
| 2 tb melted butter | $\frac{1}{8}$ t pepper |
| 1 pt scalded milk | |

Chop pepper, mix ingredients in order given, pour into buttered pudding dish, and bake slowly till firm.

Fresh corn cut from the cob may be used in the same manner.

EGGPLANT SAUTED

Pare an eggplant, cut in thin slices, sprinkle with salt and pile on a plate. Cover with weight to extract the juice and let stand for one and a half hours, or soak in brine for same time. Dredge with flour, and saute slowly until crisp and brown, or dip in egg and crumbs and saute.

SCALLOPED EGGPLANT

- | | |
|---------------------|--------------------------|
| 1 eggplant | 2 tb fat |
| $\frac{1}{2}$ onion | $\frac{3}{4}$ tb parsley |

Pare and cut in two-thirds inch cubes. Cook in small quantity of boiling water until tender, drain. Cook half an onion, finely chopped, in 2 tb fat until yellow, add three-fourths tb finely chopped parsley, and the eggplant. Turn into buttered baking dish, cover with buttered crumbs, and bake until brown.

STUFFED EGGPLANT

- | | |
|------------|------------------------|
| 1 eggplant | $\frac{1}{2}$ tb onion |
| 1 c crumbs | 1 egg |
| 2 tb fat | seasoning |

Cook eggplant 15 minutes in enough boiling salted water to cover. Cut a slice from top and with a spoon remove pulp, taking care not to work too close to skin. Chop pulp, add soft stale bread crumbs. Melt fat, add finely chopped onion, and cook five minutes. Add to chopped pulp and bread, season with pepper and salt, and, if necessary, moisten with a little water. Cook five minutes, cool slightly, and add one beaten egg. Refill shell with mixture and bake 25 minutes in a hot oven.

As with tomatoes, cooked rice or macaroni may be substituted for crumbs. Chopped meat may be added.

LENTILS, SPANISH STYLE

- | | |
|-------------|-----------------|
| 1 c lentils | 2 c tomatoes |
| 3 pimientos | 1 onion |
| 4 tb butter | salt and pepper |

Wash lentils, cover with cold water, and soak over night. Drain, cook as other dried legumes. When tender, melt butter, add the onion and pimientos chopped fine. Add tomatoes, canned or raw, and salt and pepper to taste. Drain lentils and add them. Cook for half an hour without cover.

KOHL RABI

Wash, trim off leaves and pare. Cut in slices or cubes, and boil in uncovered

kettle. Mash and serve with butter and seasoning, or pour white sauce over cubes as for creamed turnips.

ONION SOUFFLE

1 c white sauce	1 c boiled onions
$\frac{1}{2}$ c stale bread crumbs	2 eggs

1 t chopped parsley

Make white sauce, using one tb flour and one tb fat to one cup of milk. Season well.

GLAZED ONIONS

Use small onions. Cook in boiling water 15-20 minutes; drain. Put into greased baking dish, sprinkle with brown sugar, and add enough water to give moisture while baking. Brown meat stock may be used. Bake until tender, basting frequently.

PARSNIP PATTIES

Scrub, boil until tender, cut in two, put into cold water, remove skins and mash. Season with salt, pepper and fat. Flour hands and make mixture into small cakes. Dip cakes in flour and saute in pork fat until brown.

PEAS A LA FRANCAISE (Farmer)

Cook 3 tb butter with 1 slice bacon eight minutes. Remove bacon and add 2 c fresh peas and a bit of onion. Cook until vegetables are soft but not broken, adding a small quantity of boiling water to prevent burning. Add $\frac{1}{4}$ c cream, yolk of 1 egg, and if desired, 1 head of lettuce cut in quarters. Season with salt and pepper.

PEA TIMBALES

1 c pea pulp	1 tb melted fat
2 eggs, beaten	two-thirds t salt
onion juice	$\frac{1}{8}$ pepper
2 tb white sauce or cream	

Cook peas, drain and rub through sieve. For each cup pea pulp add the remaining ingredients. Turn into buttered molds and bake in a pan of hot water until firm. Serve with one c white sauce to which is added one-third c peas and carrots, cut in fancy shapes, add parsley. Egg may be separated, and white folded in last.

STUFFED PEPPERS

6 green peppers	1 t fat
2 c chopped cooked ham	$\frac{1}{8}$ t pepper
1 large onion	$\frac{1}{2}$ c bread crumbs
1 t salt	

Select broad, low peppers that will stand on end and are easy to serve. Cut slice from end of each pepper. Cut pepper in two, if large. Remove seeds and parboil 15 minutes. Stuff with bread crumbs mixed with other ingredients. Bake slowly 15 minutes, basting frequently.

Creamed chicken or veal, any creamed meat with peas, tomatoes and corn, tomatoes thickened with crumbs, tomatoes and rice, all make suitable combinations for filling peppers.

DUCHESS POTATOES

2 c hot riced potatoes	$\frac{1}{2}$ t salt
2 tb fat	

Add enough hot cream or milk to moisten sufficiently, and let mixture pass easily through forcing bag (pastry). Shape as desired, brush over with beaten egg diluted with milk or water, and brown in hot oven.

POTATOES SCALLOPED WITH EGGS

1 c cold boiled potatoes, sliced thin 1 c white sauce

2 hard cooked eggs, sliced

Put layer of potatoes in greased dish, then one of eggs, then white sauce. Repeat until dish is full. Cover with buttered crumbs and bake 15 minutes. Add grated cheese to crumbs, if desired. Other vegetables may be prepared in the same manner.

SWEET POTATO PUFF OR SOUFFLE

1 c potatoes

$\frac{1}{4}$ c milk or cream

1 tb fat

1 egg

Press boiled potatoes through a ricer, or mash thoroughly. For each cup add above ingredients. Season with salt and pepper. Beat thoroughly. Beat egg yolk and white separately, folding in white last. Bake in dish or individual molds long enough to cook egg. Serve at once.

SQUASH (WINTER)—SERVED IN SHELL

Saw off top of small Hubbard squash, remove seeds and stringy portion, place in pan and steam or bake about two hours, until tender. Carefully remove pulp from shell, keeping large shell whole; pass pulp through ricer, season with salt, pepper, and butter, and some cream. If desired, a little sugar or molasses may also be added, and return to shell. Smooth surface to a dome shape and score with knife, brush over with milk and egg, add specks of butter, then place in oven a few minutes to reheat and brown. Serve on a folded napkin on individual plates, or on chop plate. Part of a second squash is needed to make a full shell.

SQUASH PEARS

2 c mashed squash

1 t salt

$\frac{1}{2}$ c soft bread crumbs

1 tb fat

Shape the pears, glaze with white of egg and milk, bake on greased tin. A clove may be used to simulate a stem or blossom end.

STUFFED TOMATOES

6 tomatoes

$1\frac{1}{2}$ t fat

6 tb bread crumbs

seasoning

6 t chopped celery

Select medium tomatoes, wash, cut a thin slice from the top of each, and remove pulp and liquid. Place pulp in sauce pan with bread crumbs, celery, fat, and a speck of salt and pepper for each tomato. Fill tomato shells with this mixture and bake 10 minutes. Cover with buttered crumbs.

Other ingredients may be used for filling, such as boiled rice or macaroni, or chopped left-over meat may be added. Cheese also may be mixed with the filling.

TURNIP SHELLS OR CUPS

Pare and remove center of small turnips, leaving a cup one-half inch in thickness. Boil in salted water until tender. Remove and drain upside down on a clean cloth, or cook turnip whole and remove center. May be used as cases for creamed or buttered peas, carrots, beets, or any suitable vegetable or meat.

MOCK SPANISH RICE

3 c boiled rice

two-thirds c grated cheese

one-third can tomatoes

$\frac{1}{4}$ c oleo melted and mixed with rice

1 c milk

salt and pepper

Add cut sweet peppers if desired. Mix all together. Put in oiled pan with buttered crumbs on top. Bake 30-40 minutes.

SALADS AND SALAD DRESSINGS

CHEESE AND NUT SALAD

- | | |
|-----------------------------|------------------------------|
| 1 c cheese | one-third c chopped nuts |
| 1 tb melted butter | one-third c chopped pimienta |
| $\frac{1}{2}$ c sweet cream | one-third c chopped olives |

Mash the cheese, moisten with cream and melted butter, season with salt and cayenne, add chopped nuts, pimienta and olives, press into a mold and let stand two hours. Cut in slices and serve on lettuce leaf with mayonnaise dressing.

COTTAGE CHEESE SALAD

Shape cottage cheese into balls and serve on lettuce, with boiled dressing.

TOMATO JELLY

- | | |
|----------------------------|--|
| 1 tb gelatin | 1 c stewed and strained tomato |
| $\frac{1}{4}$ c cold water | $\frac{1}{4}$ t salt, other seasoning if desired |

Soak gelatin in cold water till softened, add hot tomato and seasoning. Pour into small molds and chill thoroughly. When ready to serve, turn out on lettuce leaves. Garnish with capers, olives, hard cooked eggs, or pickles, or baked beans or meats may be added for luncheon salad. Serve with mayonnaise dressing.

PISTACHIO SALAD

- | | |
|----------------------------|------------------------------|
| 1 tb gelatin | juice of 1 orange |
| $\frac{1}{4}$ c cold water | juice of $\frac{1}{2}$ lemon |
| 1 c hot water | $\frac{1}{4}$ t salt |

Prepare gelatin, tint a delicate green, and when it begins to set, add $\frac{1}{4}$ c of chopped pistachio nuts and about two stalks finely cut celery. Turn into mold and set in cool place to stiffen. Serve on lettuce leaves and garnish with mayonnaise.

VEAL OR CHICKEN SALAD

Cut veal into cubes and marinate, that is, add French dressing and allow to stand an hour or more to develop flavor. Add an equal quantity of clear, crisp celery, cut into small cubes. Just before serving, mix with mayonnaise and place on top. About one cup of mayonnaise to one quart of mixture will be required. Nuts or peas may be added, if desired. Garnish with hard cooked eggs, curled celery, capers, or pickles.

SHRIMP SALAD

Remove the shrimp from the can and cover with very cold water and let stand for half an hour. Remove intestinal veins, then break into small pieces, reserving a few for garnish. Combine with shredded lettuce or diced celery. Mix with a small quantity of mayonnaise dressing. Put a spoonful of dressing on each serving and garnish with a whole shrimp, and capers, olives, or pickles. A dash of paprika sprinkled over dressing adds flavor and attractiveness.

LOBSTER SALAD

Break lobster into small pieces, marinate with French dressing. It may be combined with diced celery, or shredded lettuce. Mix with a little mayonnaise, serve on lettuce leaves with mayonnaise on top, and garnish with lemon and parsley. Sliced hard boiled egg, peas, nuts, or green peppers may be combined with lobster. Boiled dressing may be used in place of mayonnaise.

SOUR CREAM DRESSING

- | | |
|----------------|-----------------------------|
| 1 c sour cream | 1 tb vinegar or lemon juice |
| 1 tb sugar | seasoning |

mix and heat till foamy

MAYONNAISE DRESSING

- | | |
|--|--|
| 1 egg yolk (whole egg or white only
may also be used) | $\frac{1}{4}$ - $\frac{1}{2}$ t salt
$\frac{1}{8}$ t pepper |
| 1 c olive oil (or olive oil substitute) | $\frac{1}{2}$ t paprika |
| 2 tb lemon juice or vinegar | $\frac{1}{4}$ t mustard if desired |

Beat egg thoroughly using dover beater in a bowl. Add salt and all of the acid. Beat until blended. Add 3 t oil, one t at a time, beating after the addition of each t until oil is well worked in and there is no rim of oil around the outside of the mixture. After three teaspoons of oil have thus been added the oil may be put in by tablespoonfuls, larger amounts being added at the last. The seasoning is put in last.

THOUSAND ISLAND DRESSING

- 1 c mayonnaise
 $\frac{1}{4}$ c chopped olives, pickles, parsley, capers, and onions

QUICK BREADS

BERRY MUFFINS

- | | |
|-----------------------|------------------|
| 2 c flour | 1 egg |
| $\frac{1}{4}$ t salt | 1 c milk |
| 3 t baking powder | 2 t fat (melted) |
| $\frac{1}{4}$ c sugar | 1 c berries |

Mix as plain muffins, add berries last, dusting them with a little flour. Bake in hot oven. If canned berries are used, drain thoroughly and let dry out. Cherries may also be added:

BRAN MUFFINS

- | | |
|-------------------------------|-----------------|
| $\frac{1}{2}$ t soda | 4 t sugar |
| 1 c flour | salt |
| 1 c bran | 1 egg |
| $\frac{1}{2}$ t baking powder | 2 tb shortening |
| 1 c milk | |

Sift dry ingredients into mixing bowl. Stir in milk, beating well. Add egg, beaten light, and lastly, shortening, melted before adding. Mix thoroughly. Grease muffin tins, fill two-thirds full. Bake rather quickly, in a moderately hot oven.

BREAD CRUMB GRIDDLE CAKES

- | | |
|----------------------|----------------------|
| 2 c bread crumbs | 1 egg |
| 1 pt thick sour milk | 1 t soda |
| 1 c flour | $\frac{1}{2}$ t salt |

Soak crumbs in cold water, wring out water, and stir with the flour into milk. Let stand over night; then add beaten egg, salt, soda, dissolved in a tablespoonful of cold water, and more flour or liquid as required.

RICE GRIDDLE CAKES

- | | |
|----------------------|--------------------|
| 1 c warm boiled rice | 1 t melted fat |
| 1 c milk | 2 eggs (separated) |
| $\frac{1}{2}$ t salt | |

Mix thoroughly and add enough flour to hold the rice together in a thin batter. Bake on a hot greased griddle.

WAFFLES

- | | |
|-------------------------|-----------------|
| 1 $\frac{1}{4}$ c flour | 2 egg yolks |
| $\frac{1}{4}$ t salt | 3 tb melted fat |
| $\frac{1}{2}$ t soda | 2 egg whites |
| 1 c thick sour milk | |

Sift flour, salt, and soda. Add yolks well beaten and mixed with sour milk, melted fat, and lastly, whites beaten stiff. Have both sides of the waffle iron hot and well greased. Put a tablespoonful of mixture in each compartment near center, let down top. When baked on one side, turn over to brown other side. Remove with a fork.

WAFFLES, SWEET MILK

1 $\frac{3}{4}$ c flour	3 tb melted fat
3 t baking powder	1 c milk
$\frac{1}{2}$ t salt	2 eggs separated

Mix and sift dry ingredients. Add milk gradually and yolks of eggs well beaten and whites beaten stiff.

DATE BREAD

2 c flour	1 egg
$\frac{1}{2}$ t salt	$\frac{3}{4}$ c milk
4 t baking powder	1 tb sugar
3 tb shortening	$\frac{1}{2}$ c chopped dates

Make as baking powder biscuits. Roll dough one-fourth inch thick, spread with softened butter, sprinkle with sugar and dates. Roll up, cut off one inch slices. Bake 15 to 18 minutes. Brush with sugar and water, then brown.

GRAHAM NUT BREAD

2 c sour milk	1 c nut meats
$\frac{1}{2}$ c cream (sour)	3 c graham flour
1 t salt	1 c white flour
1 t soda	1 c sugar or less

In place of sour milk and soda, 2 $\frac{1}{2}$ c sweet milk with 5 t baking powder and 3 tb shortening may be used, if desired. Mix dry ingredients. Add cream to sour milk and combine mixtures. Beat well. Add nut meats cut fairly small. Bake in a slow oven 40-60 minutes. (Raisins may be used in place of nuts).

RAISIN BREAD

2 c flour	2 tb shortening
$\frac{1}{2}$ c sugar	$\frac{3}{4}$ c raisins, dates or nuts
$\frac{1}{2}$ t salt	$\frac{1}{2}$ c milk
3 t baking powder	1 egg

Make as baking powder biscuit. Add fruit to dry materials after shortening is in. Add beaten egg to milk. Combine. Shape into loaf. Bake 20 to 30 minutes, or steam. Steamed makes good pudding. It is better baked, for bread.

CREAM SCONES

2 c flour	4 tb shortening
4 t baking powder	2 eggs
2 t sugar	one-third cup cream
$\frac{1}{2}$ t salt	

Mix and sift together flour, baking powder, sugar, and salt. Rub in shortening with tips of fingers; add eggs well beaten, and cream. Toss on a floured board, pat, and roll to three-fourths inch in thickness. Cut in squares, brush with white of egg, sprinkle with sugar, and bake in a hot oven fifteen minutes.

NOODLES

1 egg	flour
$\frac{1}{2}$ t salt	

Beat egg slightly, add salt, and flour enough to make very stiff dough; knead, toss on slightly floured board, and roll thinly as possible, which may be thin as paper. Cover with towel, and set aside for 20 minutes; then cut in fancy shapes, using sharp

knife, or French vegetable cutter; or the thin sheet may be rolled like jelly-roll, cut in slices as thinly as possible, and pieces unrolled. Dry, and then cook 20 minutes in boiling water, drain, and add to soup. Noodles may be served as a vegetable by sauteing after boiling.

YEAST BREADS

DUTCH APPLE CAKE

1 c scalded milk	flour
one-third c fat	melted fat
one-third c sugar	5 sour apples
one-third t salt	$\frac{1}{4}$ c sugar
1 yeast cake	$\frac{1}{2}$ t cinnamon
2 eggs	2 tb currants

Mix first four ingredients. When lukewarm, add yeast cake, eggs unbeaten, and flour to make a soft dough. Cover, let rise, beat thoroughly, and again let rise. Spread in greased dripping-pan as thinly as possible and brush over with melted fat. Pare, cut in eighths, and remove cores from apples. Press sharp edges of apples into the dough in parallel rows lengthwise of the pan. Sprinkle with sugar mixed with cinnamon and sprinkle with currants. Cover, let rise, and bake in a moderate oven thirty minutes. Cut in squares and serve hot or cold with whipped cream, sweetened and flavored.

CURRENT BUNS

Make sponge same as for bread. To each cup of liquid used, add:

$\frac{1}{4}$ c melted shortening	$\frac{1}{2}$ t salt
$\frac{1}{2}$ c scalded milk	$\frac{1}{2}$ c currants (well cleaned)
$\frac{1}{4}$ c sugar	2 c flour

To sponge, add other ingredients to make dough. Let rise. Shape like biscuits and let rise again. Bake in quick oven. Brush over with a mixture of confectioner's sugar moistened with boiling water and flavored, if desired. If glazing is desired, brush over with beaten egg before baking.

HOT CROSS BUNS

1 c scalded milk	$\frac{1}{4}$ tb cinnamon
2 tb shortening	3 c flour
$\frac{1}{4}$ c sugar	2 eggs beaten
$\frac{1}{2}$ t salt	$\frac{1}{4}$ c chopped raisins or currants
$\frac{1}{2}$ -1 yeast cake	

Add shortening, sugar, and salt to milk. When lukewarm, add yeast, cinnamon, flour, and egg well beaten. When mixed, add raisins, cover, and let rise over night. In the morning shape in form of large biscuits, place in greased pan one inch apart, let rise, brush over with beaten egg and bake 20 minutes. Cool and mark cross with frosting. May score cross before baking, or use paper cross.

These may be shaped from plain roll mixture.

CRESCENTS

Make sponge, using two c liquid as basis. Let rise over night. In the morning add two tb sugar, one-half c shortening, and flour enough to knead. Make a very stiff dough. Roll dough one-eighth inch thick and cut in strips about seven inches wide. Cut these into squares, and then cut squares in two, making two triangles about 10 inches at base. Then commencing at base, roll them up. Bring ends toward each other to form crescent shape, keeping the point in middle of roll. Place on pan some distance apart. When light, brush tops with warm water, and bake from 15 to 20 minutes. Glaze.

POTATO MUFFINS

2 small potatoes boiled and put through sieve	1 tb sugar
1 cake yeast	1 t butter
2 eggs, well beaten	1 t salt
1 tb fat	flour

Mix as stiff as you can easily with a spoon. Let stand in a warm place about 5 hours. Roll out without adding any more flour than is absolutely necessary. Roll about $\frac{3}{4}$ t 1 inch thick. Cut with biscuit cutter. Place on buttered pans. Let stand 2 hours. Bake in hot oven about 10 min. This recipe makes about 25 muffins.

RAISED DOUGHNUTS

1 c milk	1 c light brown sugar
$\frac{1}{4}$ yeast cake	2 eggs
$\frac{1}{4}$ c lukewarm water	$\frac{1}{2}$ grated nutmeg
1 t salt	flour
one-third c shortening	

Scald and cool milk; when lukewarm, add yeast cake dissolved in water, salt, and flour enough to make stiff batter; let rise over night. In morning add shortening melted, sugar, eggs well beaten, nutmeg, and enough flour to make stiff dough; let rise again, and if too soft to handle, add more flour. Toss on floured board, pat, and roll to three-fourths inch thickness. Shape with cutter, and work between hands until round. Place on floured board, let rise one hour, turn, and let rise again; fry in deep fat, and drain on brown paper. Cool, and roll in powdered sugar.

RAISED MUFFINS

1 c scalded milk	$\frac{3}{4}$ t salt
1 c warm water	$\frac{1}{4}$ yeast cake
2 tb shortening	1 egg
$\frac{1}{4}$ c sugar	4 c flour

Add shortening, sugar and salt to milk and water. When lukewarm, add yeast, then egg well beaten, and flour. Beat thoroughly, cover, and let rise over night. In the morning, fill buttered muffin dishes two-thirds full. Let rise until rings are full, and bake 30 minutes in hot oven or put buttered muffin rings on hot greased griddle. Fill half full with mixture and cook slowly until well risen and brown. Turn muffins and rings, and brown other side.

SWEDISH ROLLS

2 tb sugar	1 egg
1 tb shortening	

Set sponge using one c liquid and let rise over night. In morning add above ingredients and let rise. When light, roll out in rectangular shape one-fourth inch thick, spread with soft butter, sugar, cinnamon and currants, or chopped raisins. Roll like jelly roll. Cut in pieces three-fourths inch thick. Place in buttered tin a short distance apart. When light, bake about a half hour. Brush over with yolk of egg, diluted with milk or with sugar dissolved in milk, and return to oven to brown.

SWEDISH TEA ROLLS

Shape sweetened dough in oblong shape, about 10 by 18 inches, and rolled as thin as possible with rolling pin. Brush with melted shortening, sprinkle with sugar and chopped almonds, cinnamon, raisins, or currants. Roll like jelly roll. Join ends to form a ring. Place on greased sheet. Cut with scissors from outer part of roll toward center, but not entirely to center. Cut in half inch slices. Then shape these by pulling out and flattening down, one over the other. Brush over with yolk of one egg slightly beaten and diluted with one-half tb cold water. Sprinkle with finely chopped almonds, if desired. Bake in moderate oven.

FRENCH TOAST

Cut slices of stale bread. Dip in salted milk, and beaten egg. Saute to delicate brown in hot fat on griddle or frying pan. Serve as breakfast or luncheon dish with sugar or syrup, if desired.

LIBERTY BREADS

OATMEAL MUFFINS

$\frac{1}{2}$ c milk	$1\frac{1}{2}$ c flour
1 c cooked oatmeal or rolled oats	2 tb sugar
1 egg	$\frac{1}{2}$ t salt
2 tb fat	4 t baking powder

Cook oatmeal, using one part oatmeal to two parts water. A larger proportion of water makes too soft a mush and gymmy muffins. Mix milk, oatmeal, egg, and melted fat. Add dry ingredients after sifting them together. Bake 25 to 30 minutes. This makes ten to twelve muffins.

OATMEAL YEAST BREAD

3 c milk and water, or water	3 c rolled oats
3 t salt	$7\frac{1}{2}$ c wheat flour
3 tb fat	1 cake compressed yeast
6 tb sugar	$\frac{3}{4}$ c warm water

This makes three loaves. Scald liquid and pour it over the rolled oats, sugar, salt and fat. Let stand until lukewarm (about half an hour). Add yeast softened in warm water. Add flour and knead. Let rise until double its bulk. Knead again and place in pan. When light, bake in a moderate oven from 45 to 60 minutes.

POTATO YEAST BREAD

$\frac{1}{2}$ c milk and water, or all water	4 c boiled mashed potatoes
4 tb sugar	8 c flour
4 tb fat	$\frac{1}{2}$ cake compressed yeast
$1\frac{1}{2}$ t salt	$\frac{1}{4}$ c warm water

This makes three loaves. Any number of loaves may be made by multiplying the amounts. Any other yeast may be used instead of the compressed yeast.

No recipe is needed for making liberty breads. Make bread the usual way. Substitute rye, corn and barley or oatmeal for one-fourth of every measure of flour. Boiled rice or mashed potatoes may be used in the same way.

CORN MEAL AND RYE MUFFINS

4 c rye flour	$3\frac{1}{2}$ c buttermilk
2 c corn meal	3 tb melted fat
$\frac{1}{4}$ c sugar	$1\frac{1}{2}$ t soda
1 t salt	

This makes two dozen large muffins or two small loaves of bread. Bake thoroughly.

BUCKWHEAT BISCUITS

3 c buckwheat flour	3 tb shortening
1 t soda	2 c sour milk or buttermilk
salt	

Mix like quick biscuits and bake in muffin tins.

CAKES

GOLD CAKE

$\frac{1}{2}$ c shortening	$1\frac{3}{4}$ c flour
1 c sugar	3 t baking powder
8 to 10 egg yolks	$\frac{1}{4}$ t salt
$\frac{1}{2}$ c milk	1 t orange extract

Mix according to directions for butter cake previously given. Any plain cake recipe may be varied to make a yellow or gold cake by substituting 2 or 3 yolks for each egg used, or better, use 3 yolks and one white for each two eggs. In the same way, white cake may be made by substituting two whites for each egg required. The flavoring may be vanilla or lemon, or combination of these, almond, or any other desired.

May be baked in loaf, layers or muffin pans.

NUT CAKE

$\frac{1}{2}$ c shortening	3 t baking powder
$1\frac{1}{2}$ c sugar	1 c chopped nuts
$\frac{3}{4}$ c water	whites 4 eggs
2 c flour	

POTATO-CHOCOLATE CAKE

2 c sugar	1 c mashed potatoes
two-thirds c sugar	$\frac{1}{2}$ c hot milk
beaten yolks of 4 eggs	2 squares melted chocolate
2 c flour	1 t vanilla
2 t baking powder	1 c nuts
beaten whites 2 eggs	

Cream shortening and sugar. Beat mashed potatoes with milk until light. Let cool, then add alternately with sifted flour and baking powder. Add remaining ingredients, the nuts well sifted with part of flour.

POUND CAKE

$\frac{3}{4}$ lb shortening	1 lb flour
1 lb sugar	4 t baking powder
1 c milk	whites of 8 eggs
3 t flavoring	

Weigh materials. Wash and cream shortening, add sugar gradually, milk, flavoring and part of flour sifted with baking powder. Add beaten whites last. If close-grained cake is desired, beat after adding eggs. If light, velvet-like texture is desired, fold in whites carefully.

Use pound cake for assorted or Genoese cakes. Cut in fancy shapes, triangles, squares, diamonds, crescents, circles, etc. Ice with fondant. Color icing. Fancy candies, cherries, nuts, candied peel may be used for decoration. Use chocolate or caramel icing instead of plain boiled, if desired.

ANGEL CAKE

8 egg whites or 1 c	$\frac{3}{4}$ c flour
1 t cream of tartar	$\frac{1}{4}$ t salt
1 c sugar	$\frac{3}{4}$ t vanilla or almond extract

Add salt to egg whites and beat till frothy. Sift cream of tartar over them and beat till stiff. Add flavoring, mix sugar, and flour, and sift several times. Sift gently over egg whites, and fold together as quickly and lightly as possible. Sugar may be added first and flour afterward.

Put in ungreased angel cake tin and bake about fifty minutes in moderate oven. After cake has risen and begins to brown, cover with buttered paper. When done, invert pan till cake slips out.

SUNSHINE CAKE

10 egg whites	1 t lemon extract
$1\frac{1}{2}$ c powdered sugar	1 c flour
6 egg yolks	1 t cream of tartar

Beat egg whites till stiff and dry, add sugar gradually. and continue beating; then add yolks of eggs, beaten until thick and lemon colored, and lemon extract. Cut and fold in flour mixed and sifted with cream of tartar.

Bake 50 minutes in ungreased angel cake pan, in moderate oven.

SPANISH CHOCOLATE CAKE

1 c sugar	$\frac{1}{2}$ t soda
$\frac{1}{4}$ c shortening	2 t baking powder
2 egg yolks	$\frac{1}{4}$ t salt
$\frac{1}{2}$ c sour milk	2 squares of chocolate
1 c flour	2 egg whites

Cream sugar and shortening. Alternate milk and dry ingredients. Add melted chocolate before the egg whites. Bake in moderate oven.

SPICE CAKE

1 scant c shortening	1 t cloves
2 c sugar	1 t nutmeg
4 egg yolks	2 t cinnamon
1 c milk	3 t baking powder
$2\frac{1}{2}$ c flour	4 egg whites

Cream shortening and sugar thoroughly. Add yolks and beat well. Alternate the milk with the dry ingredients mixed together. Cut and fold in the well beaten whites of the eggs.

WHITE CAKE

$\frac{1}{4}$ c shortening	2 t baking powder
$\frac{3}{4}$ c sugar	$\frac{1}{2}$ t extract
$\frac{1}{2}$ c milk	4 egg whites
$1\frac{1}{2}$ c flour	

Mix as usual. Fold in stiffly beaten whites last. Bake in layers.

FRUIT CAKE

$\frac{1}{2}$ lb shortening	$\frac{1}{2}$ t nutmeg
$\frac{1}{2}$ lb light brown sugar	1 t mace
6 egg yolks	$\frac{1}{2}$ t allspice
$\frac{1}{2}$ lb citron or $\frac{1}{4}$ lb citron and $\frac{1}{4}$ lb candied peel	1 t cloves
1 lb raisins	$\frac{1}{2}$ lb flour
1 lb currants	$\frac{1}{4}$ c liquid, lemon, orange, plum juice, vanilla or water
$\frac{1}{2}$ lb almonds (shelled)	6 egg whites
1 t cinnamon	

Mix same as butter cake. Cream shortening and sugar, add egg yolks, add floured fruit, add liquid and flour sifted with spices, folding stiffly beaten egg whites. Line pans with three or four thicknesses of well greased paper. Bake four or five hours in a very slow oven or steam four hours and bake one.

CHOCOLATE ICING

1 square chocolate	1 egg yolk
1 c sugar	$\frac{1}{4}$ c milk

Melt chocolate in one-half of sugar. Add remaining sugar to egg yolk.

CARAMEL ICING I

1 c sugar	$\frac{1}{2}$ tb butter
$\frac{1}{4}$ c milk	1 t vanilla
$\frac{1}{2}$ c sugar for caramelizing	

Caramelize one-half c sugar and add to sugar and milk. Cook till it forms

soft ball in water. Remove and add butter and vanilla. Beat till thick enough to spread.

CARAMEL ICING II

2 c brown sugar

1 c sweet cream or milk

Mix well, boil slowly till it forms a soft ball. Remove from the fire, cool a little, flavor, and beat till thick enough to spread. Use vanilla for flavoring. Add butter if milk is used.

FUDGE FROSTING

2 c sugar

2 squares chocolate

two-thirds cup milk

2 tb butter

Cook as fudge. Keep over hot water while using.

TWICE COOKED FROSTING

1 c sugar

$\frac{1}{2}$ c water

one-sixteenth t cream of tartar

one-sixth c egg white

Rub cream of tartar into sugar. Stir into water. Put on to boil slowly. Stir only while sugar is dissolving. Keep crystals down from sides with damp cloth over fork. Boil until a long fine thread is spun on testing (hard ball stage). Beat egg white. Beat in syrup slowly, pouring with fine stream and beating with dover beater. When hard enough to form ribbons on surface as poured from spoon it is ready to set over boiling water. Stir frosting constantly and when it begins to puff up or when it is soft and fluffy throughout and spoon grates a bit on side of receptacle, remove and spread on cake.

This makes the frosting of a softer consistency—more like a marshmallow mixture. It glazes over the top and remains soft throughout. The testing is much safer than that for the once boiled frosting where the soft ball stage of syrup is desired.

FIG FILLING

$\frac{1}{2}$ lb figs finely chopped

one-third c boiling water

one-third c sugar

1 tb lemon juice

Mix in order given and cook in double boiler until thick enough to spread. Spread while hot. Figs may be put through chopper.

RAISIN AND NUT FILLING

two-thirds c milk

$\frac{1}{4}$ c water

2 tb cornstarch

1 egg white

1 tb sugar

1 $\frac{1}{4}$ c chopped raisins or nuts

1 c sugar

Make a blanc mange of corn starch and sugar and milk. Then boil the cup of sugar, as for boiled frosting, beating in white of egg. When well beaten, add the blanc mange and beat until thoroughly smooth. Lastly add raisins or nuts. Raisins may be boiled a few minutes before cutting up. Frost cake with boiled frosting.

SMALL CAKES OR COOKIES

INVALID WAFERS

1 c sweet cream

1 t baking powder

1 tb sugar

graham flour

$\frac{1}{4}$ t salt

$\frac{1}{2}$ lb (or more) figs or dates

Sift together sugar, salt, and baking powder. Add to cream. Add graham flour enough to make soft dough. Roll half the dough, then spread with chopped figs or dates. Roll other half and place on layer of fruit. Cut in strips with sharp knife. Bake like cookies.

CHOCOLATE COOKIES

$\frac{1}{2}$ c soft shortening	$1\frac{3}{4}$ c flour
1 c brown sugar	$\frac{1}{2}$ t soda
2 egg yolks	$\frac{1}{2}$ c milk
2 squares chocolate—melted	2 egg whites
1 c nuts	

Dried fruit may be used in place of nuts, or part fruit and part nuts.

DOUGHNUTS

2 eggs	1 t soda
1 qt flour	$\frac{1}{8}$ - $\frac{1}{4}$ t nutmeg
1 t salt	3 tb melted fat
$1\frac{1}{4}$ c sugar	

Sour milk enough to mix dry ingredients to soft dough. Beat together eggs and sugar. Sift flour, soda, salt, nutmeg. Add to first mixture, stir in melted fat and sour milk. Handle as soft as possible.

ROCKS OR HERMITS

$\frac{3}{4}$ c shortening (scant)	2 c flour (may require more or less)
$1\frac{1}{2}$ c light or med. brown sugar	1 t cinnamon
3 well beaten eggs	1 c English walnuts
1 t soda dissolved in 2 tb boiling water	$\frac{1}{4}$ t salt
	1 c seeded raisins

Cream shortening and sugar. Add other ingredients in order given. Let raisins come to boil in water. Drain, cut flour, and add to mixture last. Drop batter. Bake on buttered tins.

OATMEAL DATE CAKES

$\frac{1}{2}$ c shortening	$\frac{1}{2}$ t soda
$\frac{1}{2}$ c brown sugar	$1\frac{1}{4}$ c white flour
$\frac{1}{4}$ c water	$1\frac{1}{4}$ c raw oatmeal

Cream shortening and sugar. Add dry ingredients and liquid alternately. Roll out thin, cover with paste, cover with second layer of dough. Cut in rectangular strips about three by three and one-half inches. Bake until brown in moderate oven.

PASTE FOR DATE CAKES

$\frac{1}{2}$ lb dates, stoned and cut	$\frac{1}{4}$ c water
$\frac{1}{4}$ c sugar	

Cook to smooth, soft paste, cool, then spread between layers of dough.

ROLLED WAFERS

$\frac{1}{4}$ c shortening	$\frac{1}{2}$ c powdered sugar
$\frac{7}{8}$ c bread flour	$\frac{1}{4}$ c milk
$\frac{1}{2}$ t flavoring (almond or vanilla)	

Cream shortening and sugar, gradually add milk drop by drop, or it will curdle. Then add flour and flavoring. Spread very thin with a broad knife on a buttered inverted pan. Crease in three inch squares and roll quickly while still hot. Use handle of knife or wooden spoon on which to roll them. Must work quickly as they become brittle as soon as cool, and break. May be colored by adding color to milk. Sprinkle with finely chopped almonds, if desired.

SAND TARTS

$\frac{1}{2}$ c shortening	white of 1 egg
1 c light brown sugar	blanched almonds
1 egg	1 tb sugar
$1\frac{3}{4}$ c (about) flour	$\frac{1}{4}$ t cinnamon
2 t baking powder	

Cream shortening and sugar. Add well-beaten egg, then flour, mixed and sifted with baking powder. Chill. Toss on board and roll one-eighth inch thick. Cut into diamond shaped pieces about two inches at a side or use small cutter. Brush over with white of egg. Sprinkle evenly with sugar mixed with cinnamon. Place split almond in center. Bake in moderate oven about eight minutes. Raisin may be used in place of nut. May be cut round, and arrange three halves of almonds on each at equal distances. These are especially dainty for five o'clock teas. The recipe makes two dozen.

CREAM CAKES OR PUFFS

$\frac{1}{2}$ c shortening	1 c boiling water
4 eggs	1 c flour

Put shortening and water in sauce pan and place on stove. As soon as boiling point is reached, add all of the flour at once; stir vigorously. Stir and cook well. Add unbeaten eggs one at a time, beating vigorously after addition of each egg. Drop by small spoonfuls on greased sheet, one and one-half inches apart, and shape with spoon as nearly circular as possible, heaping up in middle. Bake in moderate oven. Remove one to test. (If cakes are not well baked, they will shrivel and fall.) With sharp knife, make a cut in each, or remove slice from top. Fill with flavored whipped cream, or a cornstarch filling.

FILLING FOR CREAM PUFFS

$\frac{7}{8}$ c sugar	2 eggs
one-third c flour	2 c scalded milk
$\frac{1}{8}$ t salt	1 t vanilla or $\frac{1}{2}$ t lemon extract

Mix dry ingredients, add eggs slightly beaten, and pour on gradually scalded milk. Cook fifteen minutes in double boiler, stirring constantly until thickened, afterwards occasionally. Cool and flavor.

FILLING FOR ECLAIRS

Put one and one-fourth squares Baker's chocolate in a saucepan and melt over hot water. Add to filling for cream puffs, using in making one cup sugar in place of seven-eighths cup.

ROSETTES

4 eggs	$\frac{1}{2}$ t salt
1 pt milk	2 tb sugar
3 c flour	

Beat eggs without separating. Add milk, and stir gradually into flour, sifted with salt and sugar. Beat very thoroughly, when half the liquid has been added. The eggs might be added with half the milk, as all the milk may not be needed. Heat the rosette iron in hot fat. Dip into the batter to half its height, and return to the hot fat until the cake is cooked a delicate brown. Shake from the iron onto soft paper. Serve, sprinkled with powdered sugar, as a dessert dish, or spread the rosettes with jam or preserves and ornament with whipped cream. The batter should stand an hour after being mixed before the rosettes are fried. In winter it may be kept for days, and used as occasion requires, either for this or other purposes, as to coat quarters of banana for frying.

PASTRY

FLAKY PASTRY

2 c flour	$\frac{1}{2}$ c shortening
$\frac{1}{2}$ t salt	$\frac{1}{2}$ c water

Use pastry flour. Sift salt and flour. Cut in one-fourth c shortening and mix with about one-half cup ice water into stiff dough. Roll out in rec-

tangular shape, and spread with two tb butter. Fold sides toward middle, then fold ends toward middle, and double again. Pat and roll out again. Repeat this process with rest of butter. Keep as cold as possible. More shortening may be used, if desired.

APPLE PIE

4 or 5 sour apples	1 t butter
$\frac{1}{2}$ c sugar	1 t lemon juice
$\frac{1}{8}$ t salt	3 whole cloves or $\frac{1}{4}$ t cinnamon

Line pie pan with paste. Pare, core, and slice apples. Put pieces of apples around plate, in regular order, not too close to edge, and work toward center until pan is filled. Pile slightly in center. Mix sugar, salt, lemon juice, cinnamon (if used), and sprinkle over apples. Dot with butter. Cover with upper crust.

MINCE MEAT

4 lbs beef tongue or tenderloin	3 lbs currants
3 lbs suet (kidney)	10 large apples
3 lbs brown sugar	2 lbs citron
3 lbs raisins	4 lemons, juice and grated rind
1 oz each of ground mace, grated nutmeg, ground cinnamon and ground cloves	4 oranges, juice and grated rind
	1 qt liquid
	1 pt boiled cider

Pare, core, and chop apples. Cut up raisins. Shave citron very thin. This is accomplished more easily, if it is first thoroughly softened by steaming. Candied orange or lemon peel may be substituted for part or all of citron. Liquid may be grape juice, wine, brandy, or juice of sweet pickles or canned fruit.

PINEAPPLE PIE

$\frac{3}{4}$ c sugar	1 c grated pineapple, juice and pulp
2 tb flour	1 egg

Sift sugar and flour. Heat pineapple juice to boiling point. Gradually add sugar and flour mixture. Cook 10 minutes. Remove from fire. Cool slightly. Add egg. Stir. Cool. Fill into lower crust of pie.

PUMPKIN PIE

$1\frac{1}{2}$ c steamed and strained pumpkin	$\frac{1}{2}$ t salt
two-thirds c sugar	3 eggs
1 t cinnamon	2 c milk
$\frac{1}{2}$ t ginger	

Mix in order given. Pour into unbaked lower crust. Bake like custard pie. Cream may be substituted for part of milk. Nutmeg and mace may be added, if desired.

GELATIN PUDDINGS

CHOCOLATE CHARLOTTE

$\frac{1}{4}$ box gelatin or 1 tb granulated gelatin	3 tb hot water
$\frac{1}{4}$ c cold water	two-thirds c powdered sugar
one-third c scalded cream	whip from 3 c cream
$1\frac{1}{2}$ squares Baker's chocolate	1 t vanilla
	6 lady fingers

Melt chocolate by placing in a small saucepan set in a larger saucepan of boiling water, add half the sugar, dilute with boiling water, and add to gelatin mixture while hot. Proceed same as in recipe for Charlotte Russe.

ORANGE CHARLOTTE

one and one-third tb gelatin	3 tb lemon juice
one-third c cold water	1 c orange juice
one-third c boiling water	whites of 3 eggs
1 c sugar	whip from 2 c cream

Hydrate gelatin. Dissolve in hot water, strain, add sugar, lemon and orange juice, chill until it sets slightly. Beat until foamy. Add whites beaten stiff and fold in whip from cream. Line molds with section of orange or lady fingers held in place by little gelatin. Turn in mixture. Chill. Dip molds in hot water and turn out.

JELLIED PRUNES

one-third lb prunes	$\frac{1}{2}$ box gelatin or $2\frac{1}{2}$ tb granulated gelatin
2 c cold water	
boiling water	1 c sugar
$\frac{1}{2}$ c cold water	$\frac{1}{4}$ c lemon juice

Pick over, wash, and soak prunes for several hours in two cups cold water, and cook in same water until soft; remove prunes; stone, and cut in quarters. To prune water add enough boiling water to make two cups. Soak gelatin in half cup cold water, dissolve in hot liquid, add sugar, and lemon juice. Strain, add prunes, mold, and chill. Stir twice while cooking to prevent prunes from settling. Serve with sugar and cream.

MISCELLANEOUS PUDDINGS

CUSTARD SOUFFLE

3 tb butter	4 eggs
2 tb cornstarch	$\frac{1}{4}$ c sugar
1 c scalded milk	

Melt butter, add cornstarch, and gradually hot milk. When well thickened, pour onto yolks of egg beaten until thick and lemon colored, and mixed with sugar; cool; cut, and fold in whites of eggs beaten stiff and dry. Turn into buttered pudding dish, and bake from 30 to 35 minutes in slow oven; take from oven and serve at once with creamy or foamy sauce. If not served immediately, it is sure to fall.

MALTED MILK AND ARROW ROOT

2 tb Horlick's malted milk	1 tb sugar
2 tb powdered arrow root	$1\frac{1}{2}$ c boiling water
spk salt	$\frac{1}{4}$ t vanilla

Mix arrow root and Horlick's with little cold water to smooth paste. Add boiling water, slowly. Cook in double boiler about 20 minutes, add vanilla, and pour into molds dipped in cold water. Chill and serve with sugar and cream.

IRISH MOSS BLANC MANGE

$\frac{1}{4}$ c Irish moss	one-third t vanilla
$1\frac{1}{2}$ c cold water	salt
$1\frac{3}{4}$ c milk	

Pour cold water over moss and let stand 20 minutes; drain; pick over moss, discarding colored pieces; add to milk and cook in double boiler 15 to 20 minutes. Milk should be but very slightly thickened. Strain, add salt and vanilla. Strain a second time into small molds dipped in cold water. Serve with sugar and creamy or soft custard.

STEAMED PUDDINGS

APPLE PUDDING

2 c flour
4 t baking powder
 $\frac{1}{2}$ t salt

2 tb butter
 $\frac{3}{4}$ c milk
4 apples cut in eighths

Mix and sift dry ingredients; work in butter with tips of fingers; add milk gradually, mixing with a knife; toss on floured board; pat and roll out; place apples on middle of dough; sprinkle with one tablespoon sugar, mixed with one-fourth teaspoon each of salt and nutmeg; bring dough around apples, and carefully lift into buttered mold or five-pound lard pail; or apples may be sprinkled over dough, and dough rolled like a jelly roll; cover closely, and steam one hour and twenty minutes; serve with vanilla sauce. Twice the number of apples may be sprinkled with sugar and cooked until soft, in granite kettle placed on top of range, covered with dough, rolled size to fit in kettle, then kettle covered tightly and dough steamed 15 minutes. When turned on dish for serving, apples will be on top.

STEAMED BLUEBERRY PUDDING

Mix and sift dry ingredients and work in butter same as for steamed apple pudding. Add one cup each of milk, and blueberries rolled in flour; turn into buttered mold and steam one and one-half hours. Serve with a sauce.

CHOCOLATE PUDDING I

3 eggs
1 c sugar
1 c flour
1 t baking powder

5 tb grated chocolate
5 tb milk
spk salt

Method same as for orange snow drops.

CHOCOLATE PUDDING II

3 tb shortening
two-thirds c sugar
1 egg
1 c milk

$1\frac{3}{4}$ c flour
 $4\frac{1}{2}$ t baking powder
 $1\frac{1}{2}$ t salt
 $2\frac{1}{2}$ squares chocolate

Cream shortening, add sugar gradually, and egg well beaten. Mix and sift flour with baking powder and salt, and alternately with milk to first mixture. Then add melted chocolate. Turn into buttered molds. Cover and steam two hours. Serve with chocolate sauce.

FIG PUDDING

$\frac{1}{2}$ c sugar
4 tb shortening
2 eggs
1 c milk

2 c flour
4 t baking powder
 $\frac{1}{2}$ lb figs

Method is the same as for butter cake. Add the floured figs just before adding beaten whites. Steam in buttered molds 45 minutes.

GRAHAM PUDDING

$\frac{1}{4}$ c shortening
 $\frac{1}{2}$ c molasses
 $\frac{1}{2}$ c milk
1 egg

$1\frac{1}{2}$ c graham flour
 $\frac{1}{2}$ t soda
1 t salt
1 c raisins, cut

Melt shortening, add molasses, milk, egg well beaten, dry ingredients sifted, and raisins. Steam one and one-half hours.

ORANGE SNOWDROPS

3 egg yolks	1 c flour
1 c sugar	1½ t baking powder
3 tb water	spk salt
2 tb orange juice and grated rind	3 egg whites

Beat egg yolks and sugar well, add water, orange juice, flour, baking powder and salt sifted together; fold in stiffly beaten whites. Steam in buttered cups 45 minutes. Serve with orange sauce.

PLUM PUDDING

1 lb suet	2 t cinnamon
1 lb raisins	1 t allspice
1 lb currants	½ t nutmeg
½ lb citron	½ t mace
¼ lb lemon peel	1½ t soda
¼ lb orange peel	10 eggs
¼ lb shredded almonds or pecans	1 pt milk
2 t salt	½ c juice from canned fruit, or cider
1 lb light brown sugar	
generous lb bread flour or ½ lb flour and ½ lb crumbs	

Mix cleaned and chopped fruits. Mix milk and eggs. Mix spices, soda, salt, and suet. Combine mixtures. Steam six to eight hours in buttered molds, or put into pudding bags and boil. May be made into individual molds. To serve, decorate with sprig of holly, pour over 95 per cent alcohol and send to the table burning. Serve with hard sauce. Recipe makes four large puddings. Each will serve 12.

SNOWBALLS

¼ c shortening	a little salt
½ c sugar	2 egg whites
1 c flour	¼ c milk
2 t baking powder	

Cream shortening and sugar; mix and sift flour, baking powder, and salt together. Add milk and dry ingredients alternately, and whites of eggs last. Flavor to taste with orange, lemon, or nutmeg. Fill greased cups about one-third full. Steam about 45 minutes, roll in powdered sugar, and serve with sauce or fruit. Serves eight.

PUDDING SAUCES

CHOCOLATE SAUCE

½ oz chocolate	2 eggs
one-third c sugar	½ c double cream
2 tb hot water	¼ t cinnamon
½ c hot milk	½ t vanilla

Melt chocolate, add sugar and hot water, and cook until smooth and glossy. Add milk. Beat eggs. Combine as for a custard, strain. When cold, add flavoring and whipped cream.

CARAMEL SAUCE

Caramelize ½ c sugar and add ½ c boiling water; simmer five minutes. Add a little vanilla. Be cautious in adding water.

CREAMY HARD SAUCE

½ c butter	½ c thick cream whipped
1 c powdered sugar	1 t vanilla

Cream butter well. Add sugar gradually and enough cream to pour. Add vanilla.

HARD SAUCE

1 tb boiling water	$\frac{1}{8}$ t nutmeg or mace
$\frac{1}{2}$ c butter	1 c powdered sugar
1 t lemon extract	

Pour boiling water over butter, stir until creamy, add flavoring, then stir in sugar.

ORANGE SAUCE

3 egg whites	1 orange, juice and grated rind
1 c powdered sugar	juice of 1 lemon

Beat whites till stiff, add sugar gradually, continue beating. Add fruit juices and rind.

FROZEN DESSERTS

APRICOT ICE

1 qt cooked apricots	$1\frac{1}{2}$ -2 c sugar
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Strain the liquor and add enough water to make one qt. Then add pulp. Add one-half cup whipped cream when quite well frozen.

CRANBERRY ICE

4 c water	2 tb lemon juice
2 c sugar	2 c cranberry juice

Cook cranberries and press through cheesecloth. Add sugar and dissolve well. Flavor and freeze. Add raisins to represent seeds.

GRAPE SHERBET

4 c milk	juice 2 lemons
$1\frac{1}{2}$ c sugar	2 t gelatin
1 pt grape juice	

Heat grape juice, dissolve gelatin and strain. Add other ingredients and freeze very hard.

MINT ICE

2 c sugar	juice of 2 lemons
1 qt water	3 tb dried mint

Make syrup of sugar and water and pour this over mint. Allow to cool, then strain. Add lemon juice and little green coloring, if desired. Serve with meat course of lamb or mutton.

ORANGE-MILK SHERBET

juice 6 oranges	5 c sugar
juice 6 lemons	3 qts milk

Scald milk, chill and dissolve sugar in it. Add juice, freeze.

PINEAPPLE SHERBET

1 can grated pineapple	1 tb gelatin
1 c sugar	1 qt water or milk

juice of 2 lemons

Make syrup, add hydrated gelatin and fruit, freeze.

PEANUT ICE CREAM

Add to two qts plain ice cream one cup peanut butter, or one cup peanuts, ground or chopped fine.

TUTTI FRUTTI ICE CREAM

- | | |
|-------------|----------------------|
| 1 c sugar | 1 c roasted nuts |
| 2 qts cream | 1 c candied cherries |
| 3 egg yolks | |

Caramelize sugar and dissolve in cream. Add egg yolks. When partly frozen, add nuts and cherries, cut in pieces.

ANGEL PARFAIT

- | | |
|-----------------------|-----------------|
| 1 c sugar | 2 c heavy cream |
| $\frac{3}{4}$ c water | 1 tb vanilla |
| whites 3 eggs | |

Boil sugar and water until it threads. Pour slowly over beaten whites, beat until cold. Add whip from cream. Pack three or four hours. May be molded with strawberry sherbet and raisins.

CHOCOLATE MOUSSE

- | | |
|--------------------------------|-----------------------|
| 2 squares chocolate | 3 tb boiling water |
| $\frac{1}{2}$ c powdered sugar | $\frac{3}{4}$ c sugar |
| 1 c cream | 1 t vanilla |
| $\frac{3}{4}$ tb gelatin | 1 qt whipped cream |

Melt chocolate, add powdered sugar, then cream. Stir over fire until boiling point is reached. Then add gelatin softened, sugar, and vanilla; strain, cool in ice water till mixture thickens, then add whipped cream. Pack in mold. Freeze three or four hours.

ITALIAN MERINGUE

- | | |
|-----------------------|--------------------------|
| $\frac{1}{2}$ c sugar | whites 3 eggs |
| $\frac{1}{4}$ c water | 1 c whipping cream |
| 1 tb gelatin | $\frac{1}{2}$ tb vanilla |

Make syrup of sugar and water. Boil until it threads. Pour slowly over egg whites. Place in ice water. Beat until cold. Dissolve gelatin in small quantity of boiling water. Strain into mixture. Fold in whip from cream. Flavor.

TO MOLD

Line a melon mold with the ice to the thickness of one inch. Keep mold standing in a dish of ice and salt. Fill center with Italian Meringue, cover with ice, filling mold to overflowing. Spread a piece of wrapping paper over the top and press cover down over it. Pack in a pail of salt and ice, using equal parts of each, and let stand two or three hours. The paper may be omitted and the mold sealed with a strip of cotton cloth dipped in melted suet.

HOT SAUCES TO SERVE WITH ICE CREAM

CARAMEL SAUCE

Butter the inside of a granite sauce pan, add two ounces of unsweetened chocolate, and melt over hot water, add two cups of light brown sugar, and mix well; then add an ounce of butter and half a cup of rich milk. Cook until the mixture forms a soft ball in cold water, then take from fire, and flavor with vanilla. Put into a sauce boat and pour while hot over each service of ice cream.

HOT MAPLE SAUCE

Butter the inside of a granite sauce pan, add a cup of maple syrup, a third of a cup of cream, and boil until it forms a soft ball in cold water. Pour while hot over each service of ice cream.

CHOCOLATE SAUCE (FOR ICE CREAM OR PUDDINGS)

- | | |
|-------------------------------|-----------------------|
| 1 c sugar | 1 t vanilla |
| $\frac{1}{2}$ c boiling water | 2 oz melted chocolate |

CHOCOLATE SAUCE II

$\frac{1}{2}$ lb Baker's chocolate	$\frac{1}{4}$ lb marshmallows
$1\frac{1}{2}$ c sugar	$\frac{1}{2}$ pt cream
$\frac{1}{2}$ c water	

Shave chocolate and put it in a stew pan with sugar and water. Sook, stirring constantly until a smooth paste is formed. If necessary, add a bit of hot water. Cook. Just before removing from fire, stir in marshmallows cut fine, and $\frac{1}{2}$ pint sweet cream. Stir until creamy. Serve hot on ice cream.

Melt sugar in boiling water, cover, and let boil several minutes. Uncover and boil until syrup threads. When cool, beat to a cream, and set over a dish of hot water. Add vanilla and melted chocolate, and beat until smooth and thin.

MARSHMALLOWS

2 tb plain gelatin	$\frac{1}{2}$ c hot water
6 tb cold water	$\frac{1}{4}$ t cream of tartar
2 c sugar	1 egg white

Hydrate gelatin in cold water. Boil sugar and water and cream of tartar till it spins thread. Pour hot syrup over hydrated gelatin, stirring continually. Add this mixtue to beaten egg white, and beat until thick. Pour to a depth of 1 to $1\frac{1}{2}$ in into pans lined with paper well sprinkled with powdered sugar, and sift well over top.

CANDIED ORANGE PEEL

Cut rind into strips one-fourth inch wide. Bring to boil three times in salted water (one t salt to one qt water). Pour off water each time and put on fresh. The last time, boil until tender. Plunge into ice water to crisp. Drain. Boil in syrup of one-fourth cup water and one cup sugar for each cup orange peel.

For more economical recipes and those emphasizing food conservation, see The Stout Institute Bulletin on Food Conservation.

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